

Cinnamon

By Rachael Moeller Gorman

EatingWell.com

With holiday favorites like pumpkin bread and spiced cider on the menu, recent research in the *American Journal of Clinical Nutrition* provides welcome news: cinnamon may help you better regulate your blood-glucose levels. In a study of 14 healthy people, scientists at Malmö University Hospital in Sweden gave half the subjects rice pudding mixed with about 3 teaspoons of cinnamon; the other half got an unspiced version of the dessert. Then, they switched: each group tried the opposite pudding. Both times, up to two hours after eating, the people who'd enjoyed the cinnamon-spiced pudding measured significantly lower blood-glucose levels than those who'd eaten the unspiced one—an indication that their blood sugar was moving more efficiently into cells, where it's used.

Eating the spiced pudding also appeared to slow the movement of food from the stomach into the small intestine (a part of digestion called "gastric emptying"). Though researchers don't know exactly how cinnamon slows digestion, the fact that it does may, in part, explain the lower blood sugar. "When food enters the intestine more slowly, carbohydrates are broken down slower, which leads to a lower [post-meal] blood-glucose concentration," says the study's investigator, Joanna Hlebowicz, M.D.

Other studies suggest that the spice also may improve blood-glucose levels by increasing a person's insulin sensitivity, the ability of cells to respond to insulin's signal to move glucose out of the blood. One 2003 trial of 60 people with type 2 diabetes reported that consuming as little as 1 gram (about 1/2 teaspoon) of cinnamon daily for six weeks reduced blood-glucose levels significantly. It also improved the subjects' blood cholesterol and triglycerides—perhaps because insulin plays a key role in regulating fats in the body.

But other work disputes these findings. A 2006 study showed that insulin sensitivity in diabetic women taking cinnamon supplements did not improve. Why the discrepancy? It could be because the study examined only a specific population: postmenopausal women, many of whom were taking a variety of glucose-lowering medications (which wasn't the case in the other studies), say the authors.

Bottom line: Sprinkling a 1/2 teaspoon of cinnamon on your oatmeal in the morning can't hurt, it's tasty and it just may, over time, help ward off diabetes. But don't go overboard. Animal studies suggest that a compound in cinnamon called coumarin may be toxic in high doses (although humans may not be as susceptible). Cinnamon oils are particularly concentrated, so steer clear. And if you have diabetes, don't try cinnamon supplements without talking with your doctor: combining them with a prescription medication may be dangerous.

—Rachael Moeller Gorman

Dangers of high blood sugar can be alleviated with cinnamon, chromium and bitter melon

Submitted by avgd123 on Fri, 2013-03-29 11:36

in

- [cinnamon](#)
- [High Blood Pressure](#)

(NaturalNews) Blood sugar causes degenerative disease. Not only diabetes is a concern, but also high blood sugar affects the eyes, kidneys, brain, the heart, and also speeds the aging process. Sugar creates inflammation in the body, and burns the cells by inflammatory oxidation. This inflammatory process is called glycation. It damages the organs, blood vessel and cells. Excess sugar in the blood can make a person feel tired and fatigued and turn into fat. This causes weight gain and fat deposits in the stomach area. To reduce blood sugar, first stop eating any refined sugar or white sugar. Read packaging for hidden sugars in processed foods such as corn sweeteners.

Symptoms of low or high blood sugar imbalance

Low blood sugar can cause a jittery or nervous sensation. Some people feel shaky and lightheaded when their blood sugar is low. They can crave sweets or coffee as a pick-me-up. Even after eating, you can experience hungry and sugar cravings if your blood sugar is low. High blood sugar can make a person feel tired, especially after eating. It can also cause a person to feel irritated by little things, or tired throughout the day.

Nutrients to reduce high blood sugar

Chromium

Chromium removes glucose from your blood. When you eat sugar, your body utilizes the supply of chromium, so it's important to add this nutrient to your diet. Chromium levels also decrease with aging by as much as 40 percent. The most biologically active form of chromium is chromium polynicotinate.

Vanadium

Vanadium is a trace mineral that helps stabilize blood sugar. Vanadium in the form of vanadyl sulfate is easily absorbed. It allows the sugar in your blood to go to the muscles where it can be burned more easily.

Cinnamon

Cinnamon challenges the body to respond better to insulin. This is a great benefit to individuals who are insulin resistant or have diabetes or other blood sugar issues. Cinnamon contains methylhydroxy chalone (MHCP), a polymer that balances the blood sugar and increases the body's energy stores. One study showed that cinnamon reduced blood sugar by 29 percent while also reducing cholesterol.

Gymnema sylvestre

Gymnema sylvestre is an herb used in ayurvedic medicine in India. It destroys sugar, which is also the meaning of the plant's name. This herb prevents the sugar in foods you eat from turning into glucose too quickly. It slows the conversion of sugar to blood glucose. By doing so, the blood sugar remains more stable.

Bitter melon

Momordica charantia, or bitter melon is a tropical fruit with blood sugar lowering properties, demonstrated in over 100 research studies. It also has been shown to reduce the appetite. The ingredient in the fruit called lectin along with four other chemical compounds, lower the concentration of sugar in the blood. Bitter melon stimulates an enzyme in the body that mimics the method by which exercise utilizes sugar in the blood. This means that by eating bitter melon, the sugar in the blood is moved from the blood to the muscles and is then converted to energy, instead of to fat.

Sources for this article include:

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Cinnamon beats Alzheimers

Submitted by Heart Of The Dove on Mon, 2012-07-30 05:18
in

- [Body's Fire](#)
- [Calcium and Fiber](#)
- [Chinese Medicine](#)
- [Miracle Spice Cinnamon](#)

by: Craig Stellpflug, July 27, 2012

The miracle spice cinnamon is the scented bark of a tropical evergreen tree, native to India and Sri Lanka. Cinnamon comes from an evergreen tree in Southeast Asia and is cultivated widely in Vietnam, China, Burma, and Laos for its bark and the oil processed from the bark. Once upon a time in ancient Rome, cinnamon was worth more than silver.

Cinnamon is harvested from the inner bark of the tree branches after scraping off the corky outer layer and then drying the bark. As it dries, the bark curls up into quills which are then cut into sticks to be ground into the spice form. Full of calcium and fiber, cinnamon is one of the oldest known spices, it is mentioned in the Bible and was used in ancient Egypt as medicine, beverage flavoring and an embalming agent.

According to traditional Chinese medicine, cinnamon helps improve the body's "fire."

Cinnamon - Not just a spice!

Professor Daniel Fung, an expert in food science at Kansas State University, says cinnamon contains a compound that has the ability to kill bacteria. "If cinnamon can knock out E.coli 0157:H7, one of the most virulent food-borne microorganisms that exists today, it will certainly have antimicrobial effects on other common food-borne bacteria such as Salmonella and Campylobacter."

Now researchers from Tel Aviv University found that extracts from cinnamon bark inhibit the toxic amyloid polypeptide oligomers and fibrils that have been found in Alzheimer's Disease (AD) brain plaque formations. In animal models of Alzheimer's, cinnamon reduced s-amyloid plaques associated with the pathology of AD. Reduction of these proteins can improve mental cognition. In one model, cinnamon extract resolved AD associate reduced longevity, helped recover locomotion defects and completely abolished tetrameric species of plaque in the brain.

Other benefits of cinnamon are: anti-microbial actions, blood sugar balancing, improving colon health, boosting brain function. Cinnamaldehyde in cinnamon has been well researched for its effects on blood platelets which help the blood clot to stop bleeding. Platelets can also cause strokes if they clump together too much. Cinnamon has been shown to help prevent this deadly clumping. Cinnamon will stop vomiting and relieve feelings of nausea. Cinnamon also helps slow tumor growth while inhibiting inflammatory markers connected to cellular proliferation.

In a recent study, people reduced their blood sugar levels by as much as 29 percent with cinnamon in just 40 days. That's with NO drugs, NO diet changes - just plain old cinnamon!

Study volunteers who took a cinnamon extract showed significant decreases in fasting blood glucose and increases in lean muscle mass compared with the placebo group. Pre and post study analysis of the extract group revealed a statistically significant decrease in body fat and blood pressure.

Research found that cinnamon can have favorable effects on brain function. Participants in a study chewed cinnamon gum or even just smelled the sweet spice. Cognitive tests revealed that subjects who used cinnamon had better memory functions and could process information more quickly.

What kind and how much

Which is best: Ceylon cinnamon, Saigon cinnamon, cinnamomum zeylanicum or regular grocery store variety cinnamon? Interestingly, the grocery store variety known as cinnamomum cassia works the best in most research studies and clinical trials.

Drink cinnamon in tea or sprinkle a little cinnamon on your toast, cereal, oatmeal, or sliced apples. It not only tastes good, it lowers your blood sugar!

Taking two 500 mg capsules of cinnamon a day will help good cholesterol levels and taking two capsules with each meal can make a big difference in blood sugar and insulin levels for diabetics.

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Cinnamon and Honey

Submitted by Natural Solutio... on Mon, 2009-11-16 13:23
in

- [Alternative Therapies \(references\)](#)
- [Food](#)
- [Nutrition](#)

Cinnamon and Honey

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing". When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Cinnamon and Honey

Bet the drug companies won't like this one getting around.. Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS:

Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS:

According to the studies done in India and Japan , it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals..

INFLUENZA:

A scientist in Spain has proved that honey contains a natural ' Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea.. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES:

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS:

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS:

Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH:

People of South America , first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS:

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!