

and six grams of cinnamon per day in pill form. Six grams is approximately one-fourth a teaspoonful.

1. Studies have shown that just 1/2 teaspoon of cinnamon per day can lower LDL cholesterol.

2. Several studies suggest that cinnamon may have a regulatory effect on blood sugar, making it especially beneficial for people with Type 2 diabetes.

3. In some studies, cinnamon has shown an amazing ability to stop medication-resistant yeast infections.

4. In a study published by researchers at the U.S. Department of Agriculture in Maryland, cinnamon reduced the proliferation of leukemia and lymphoma cancer cells.

5. It has an anti-clotting effect on the blood.

6. In a study at Copenhagen University, patients given half a teaspoon of cinnamon powder combined with one tablespoon of honey every morning before breakfast had significant relief in arthritis pain after one week and could walk without pain within one month.

7. When added to food, it inhibits bacterial growth and food spoilage, making it a natural food preservative.

8. One study found that smelling cinnamon boosts cognitive function and memory.

9. Researchers at Kansas State University found that cinnamon fights the E. coli bacteria in unpasteurized juices.

10. Recent studies have determined that consuming as little as one-half teaspoon of Cinnamon each day may reduce blood sugar, cholesterol, and triglyceride levels by as much as 20% in Type II diabetes patients who are not taking insulin it is mildly carminative and used to treat nausea and flatulence. It is also used alone or in combination to treat diarrhea.

11. The results showed that all of the subjects, no matter what the amount they were given,

benefited from the addition of cinnamon to their diet. Blood sugar levels balanced out and cholesterol levels overall were lower.

The results, published in the Diabetes Journal showed the following:

- Total cholesterol was reduced by 12 to 26 percent
- LDL cholesterol was reduced by 7 to 27 percent
- Triglycerides were reduced by 23 to 30 percent
- Fasting blood glucose was reduced by 18 to 29 percent

Other Studies on Cinnamon

Cinnamon was shown to reduce lymphoma and other types of cancer cells. This study was done by the United States Department of Agriculture in Maryland.

At Copenhagen University a combination of cinnamon and honey was given to arthritis patients each morning before breakfast. In a short period of time the patients being studied reported significant pain relief. Many patients stated that within a month on this therapy they were walking pain free for the first time in years

In a Kansas State University lab researchers discovered that cinnamon will fight E. coli bacteria in unpasteurized juice. More research is being done on the significance of this in food safety.

Other Health Benefits of Cinnamon

Cinnamon is also thought to be active against the following:

- ❖ Candida albicans (yeast infections)
- ❖ Helicobacter pylori (bacteria that causes ulcers)
- ❖ Anti-clotting effect on the blood
- ❖ Natural food preservative
- ❖ Smelling cinnamon essential oil boosts memory
- ❖ Protects the colon against cancer
- ❖ Anti-inflammatory

- ❖ Protects against coronary artery disease
- ❖ Effective against head lice when the essential oil is added to shampoo
- ❖ Protects against stroke

Cinnamon Essential Oil

Cinnamon is available as an essential oil as well. It can be used as any essential oil; in a diffuser, mixed with a carrier oil for massage, or as a spray. As an essential oil cinnamon is used for:

- Low blood pressure
- Stress
- Constipation
- Lice
- Rheumatism

It is important that cinnamon oils not be taken internally because ingestion of these concentrated oils can cause death.

Drug Interactions and Cautions

A snicker doodle cookie or cinnamon roll is not going to be enough to cause problems. For the health benefits of cinnamon, however, you will need to supplement in a higher or therapeutic dose.

If you decide to try to take therapeutic doses of cinnamon you should always talk to your health care provider first. Cinnamon in large doses can interact with the following medications:

- Diabetes medication
- Coumadin and other anti-clotting medications

You should also stay away from therapeutic doses of cinnamon if you have the following conditions:

- Bleeding disorders
- Pregnancy
- Within three weeks of surgery.

CONCLUSION

The plant contains many types of chemical nutrient which is very helpful in curing

many ailments. The cinnamon uses and cinnamon health benefits are mentioned from the era of mosses. It is widely used for medicinal purpose such as: Cinnamon bark contains antiseptic properties that help to prevent infection by killing decay-causing bacteria, fungi, and viruses. One German study showed that the use of cinnamon bark suppressed the cause of most urinary tract infections and the fungus responsible for vaginal yeast infections. It is also helpful in relieving athlete's foot. Cinnamon bark is a frequent ingredient in toothpaste, mouthwash, and other oral hygiene products because it helps kill the bacteria that causes tooth decay and gum disease. Inflammations of the throat and pharynx may be relieved through its use. Cinnamon bark promotes menstruation. It has been used to treat menstrual pain and infertility. Women in India take it as a contraceptive after childbirth. Other conditions in which cinnamon bark may be helpful include fevers and colds, coughs and bronchitis, infection and wound healing, some forms of asthma, and blood pressure reduction.

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