

CINNAMON

TIPS

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Introduction

The medicinal properties of cinnamon have been causing interest in recent years.

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Health Benefits of cinnamon

The health benefits of cinnamon include:

- Studies have shown that just 1/2 teaspoon of cinnamon per day can lower LDL (bad) cholesterol.
- Several studies suggest that cinnamon may have a regulatory effect on blood sugar; thus making it especially beneficial for people with Type 2 diabetes.
- In some studies, cinnamon has shown an amazing ability to stop medication-resistant yeast infections.
- In a study published by researchers at the U.S. Department of Agriculture in Maryland, cinnamon reduced the proliferation of leukaemia and lymphoma cancer cells.
- Cinnamon has an anti-clotting effect on the blood.
- 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 they could walk without pain within one month.
- When added to food, cinnamon inhibits bacterial growth and food spoilage, making it a natural food preservative.
- One study found that smelling cinnamon boosts cognitive function and memory.

- Researchers at Kansas State University found that cinnamon fights the E. coli bacteria in unpasteurized juices.
- Cinnamon is a great source of manganese, fibre, iron, and calcium.

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Homemade Cinnamon Tea

1 cinnamon stick
1 cup of boiling water

Break cinnamon stick into pieces and place in a cup.

Add boiling water - cover and steep for 10 minutes.

You can keep adding hot water to the cup to enjoy all day long.

Use more or less cinnamon depending on the strength you prefer.

You can also place a cinnamon stick in any tea while it steeps to add flavour and the health benefits.

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