

Cinnamon is a spice obtained from the inner bark of several trees from the genus *Cinnamomum* that is used in both sweet and savoury foods. Cinnamon is high in a substance with powerful medicinal properties. It is a popular spice. It is high in a substance called cinnamaldehyde, which is responsible for most of the health benefits. Lets see some of the amazing facts and health benefits of cinnamon here on this page.

Cinnamon Spice may be the solution for Diabetes, Candida, Weight loss, Cancer, Alzheimers, Toenail fungus, Parkinsons, Stomach flu and much more. Cinnamon has a long history both as a spice and as a medicine. Here on this page, we will see some of the useful health benefits of cinnamon.

Why Cinnamon is Good for Weight Loss



Did you know the promising effects of Cinnamon for Weight Loss? In modern times, however, it is mainly valued as a spice and for its medicinal properties. It can be used as a home remedy for a number of ailments, and to boost mental and physical well-being. In addition to all the health benefits it provides, it is also widely popular for aiding weight loss.

It is believed that cinnamon can not only burn the excess fat collected in the body but can also prevent its further accumulation. Cinnamon increases body heat and thereby speeds up the metabolism in order to burn the extra calories or fats deposited in the body. This phenomenon results in gradual weight loss. Additionally, it can reduce the level of cholesterol, especially the level of triglycerides, LDL (bad cholesterol) and total cholesterol. A high level of cholesterol is one of the most common problems among overweight or obese people, and this can, over a period of time, cause several other complications like a coronary heart disease or heart attack. Another common health problem in obese people is diabetes, and cinnamon can help in controlling this condition, too. It has been found that cinnamon can reduce the level of blood sugar, while increasing the insulin action, thereby control diabetes and body weight.

Like cinnamon, honey too can aid in losing weight, and hence, both can be combined well to ensure rapid weight loss. Weight loss instructor's advice people to use honey with cinnamon. Honey's nutrients is the main component responsible for assisting you in losing weight. Cinnamon main weight loss element is its ability to lower blood sugar

levels. Both ingredients reduce cholesterol and generate a thermogenic burn.

Health Benefits of Cinnamon



Cinnamon Images, Photos, Picture

Health Benefits of

Blood Sugar Control

Several studies have found that Cinnamon has properties that help those with insulin resistance. It is therefore very popular with Type 2 diabetics who take it to control their blood sugar variations.

Loaded With Antioxidants - Health Benefits of Cinnamon

It is one of the top seven anti-oxidants in the world. Antioxidants protect the body from oxidative damage caused by free radicals. Cinnamon is loaded with powerful antioxidants, such as polyphenols

Stomach Bug or Flu

By far and away the best remedy for a horrible stomach bug is Cinnamon. It makes sense because it is a powerful anti-bacterial.

Arthritis/Osteoporosis

The widely cited Copenhagen university study is a hoax. Most of the evidence that Cinnamon helps arthritis is from personal testimonials. Some people claim drinking Cinnamon tea helps the pain from arthritis while others claim a Cinnamon Oil based massage oil helps ease the pain.

Anti-Inflammatory Properties

Health Benefits of Cinnamon includes that it helps the body to fight against infections and repair tissue damage.

Lowers Blood Sugar Levels

Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar by several other mechanisms. It has been shown to decrease the amount of glucose that enters the bloodstream after a meal. It does this by interfering with numerous digestive enzymes, which slows the breakdown of carbohydrates in the digestive

tract.

Cancer Preventer

Research shows that Cinnamon oil is a promising solution in the treatment of Tumors, Gastric Cancers, and Melanomas. Research studies show that sugar may be causing or sustaining cancer cells and cinnamon may have a mitigating effect by controlling blood sugar levels in the body.

Insect Repellant - Health Benefits of Cinnamon

The antimicrobial qualities of Cinnamon Leaf oil are often used for head lice treatment, black Ant control, bed bugs, dust mites, and roaches. It is well-known as a defence against mosquitoes.

Cold, Sore Throat, and Cough

At the first sign (within 5-10 minutes) of sniffles or an itch in your throat take some Cinnamon Tea or Cinnamon stick Tea. It is said to stop an impending illness in its tracks.

Steady Run