



CINNAMON

Complete Concentrates®

CINNAMON'S USAGE:

Cinnamon:

- Antiseptic*
- Antibacterial*
- Circulation*
- Digestion*
- Elimination*
- Eases menstrual discomfort*
- Inflammation*
- Kidney health*
- Relieves pain*

Diabetes/ Cinnamon research

- Boosts insulin sensitivity*
- Increases glucose metabolism*
- Decreases LDL cholesterol*
- Lowers triglycerides*

Cinnamon is one of the most common and well loved spices in the world.

Chinese formularies as far back as 2700 BC noted cinnamon for its **healthful uses** making it one of the oldest herbal remedies that is still in use today. Cinnamon has been cherished worldwide for an abundance of healthful benefits as well as its aromatic flavor.

INSULIN HELPER

One of the most significant recent discoveries about cinnamon is its use in fighting diabetes and cholesterol. A 40 day USDA study of 60 people with Type 2 diabetes found that cinnamon increased insulin sensitivity and glucose metabolism while significantly lowering the subjects blood sugar, triglycerides, and LDL (Bad) cholesterol. To the surprise of the researchers the beneficial effects of cinnamon

lasted for 20 days or more after people stopped taking it.

Research indicates that cinnamon has very similar biochemical action to insulin for diabetics. With Type 2 diabetes, insulin does not effectively transport sugar into cells. Cinnamon makes cells more sensitive to the insulin that is available. An active ingredient in cinnamon, proanthocyanidin, works its way inside cells, where it stimulates the insulin receptor. Another compound, methylhydroxy chalcone polymer or MHCP,



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appears to be responsible for cinnamons increase of glucose metabolism, which converts glucose into energy.

DIGESTION AND ELIMINATION

Cinnamon has been noted for digestion and elimination issues. The German Commission E Monographs indicate cinnamon lessens mild gastrointestinal spasms and stimulates appetite. It has also been employed for upset stomachs.

Compounds known as catechins found in cinnamon can help relieve nausea. The volatile oil in cinnamon bark assists in breaking down fats during digestion, thus helping the body to process food. The aromatic quality of cinnamon has been attributed to the increase of appetite and stimulating saliva production to aid in digestion.

The essential oil in cinnamon has been found to stimulate movement in the gastrointestinal tract and relieve gas.

THERE IS MORE!

There is a long tradition of cinnamon assisting with numerous aspects of our health. Cinnamon has antibacterial properties that have been used to kill harmful bacteria including E. coli. It also may help with the inflammation, pain and stiffness in muscles and joints. Cinnamon has been employed to relieve abdominal pain and menstrual discomforts. People have also taken cinnamon for kidney health and circulation.

It is easy to see why Cinnamon has maintained its popularity with many people taking advantage of cinnamon's many healthful uses. The research on its effects on insulin and cholesterol is well timed as these issues continue to affect more and more people. It looks like cinnamon will play a significant role in people's health for a long time to come. ■



Cinnamon Complete Concentrates® is standardized to 8% Flavonoids in a base of pure cinnamon powder. Like all of our Complete Concentrates®, it is made without harmful solvents, excipients, flowing agents or fillers.



The Heart of Herbal Health®

Be sure to visit the resource section of our web site at
www.kroegerherb.com

*Spice up
your health!*

Most people know cinnamon as the tasty addition to numerous baked goods. Cinnamon also has a very long history as an herbal remedy for a lengthy list of uses. Research on cinnamon shows it increases insulin sensitivity and glucose metabolism, while also reducing LDL cholesterol and triglycerides in people with type 2 diabetes.