

Title:

Cinnamon As Spice And Alternative Medicine

Word Count:

506

Summary:

While cinnamon can give many health benefits and improve overall well-being. Cinnamon oil is a

Keywords:

arthritis, stress and anxiety, diet, arthritis

Article Body:

Cinnamon is widely used both in the food and pharmaceutical industry because of its antiseptic

This spice is now being heralded as the latest in the long line of herbal medicine wor

The use of cinnamon dates back in Chinese medicine to 2800 BC, and is known as ^kwai~

Many health specialists advice diabetics to take daily dose of cinnamon to regulate bl

In aromatherapy, cinnamon oil is used to stimulate and warm the senses, restore vigor,

Medical research also indicates that the scent of cinnamon may reduce drowsiness, irri

Here are the other health benefits of Cinnamon:

- Studies have shown that just 1/2 teaspoon of cinnamon included in a daily diet can low
- Cinnamon may have a regulatory effect on blood sugar, making it especially beneficial
- Cinnamon has shown an amazing ability to stop medication-resistant yeast infections.
- A study released by researchers at the U.S. Department of Agriculture in Maryland show
- It has an anti-clotting effect on the blood.
- When added to food, it prevents bacterial growth and food spoilage, making it a natura
- Smelling cinnamon may boost cognitive function and memory.
- Researchers at Kansas State University found that cinnamon fights the E. coli bacteria

Indeed, cinnamon has many benefits that can be used to improve one's health and well-b

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