

Title:

Cinnamon: For Spice and Good Health

Word Count:

548

Summary:

Many health experts claim that a dash of cinnamon can be a way to add flavor to many dishes and

Keywords:

infection, diet, arthritis

Article Body:

The aromatic scent of cinnamon is powerful because it makes many people feel warm and fuzzy.

Recent studies show that cinnamon can be used as an alternative medicine for heart health. Before

- Tobacco smoke ~ Cigarette smoking is one of the major risk factor for cardiac death in
- High cholesterol levels ~ As one's cholesterol levels rises, so does the risk of heart
- Lack of physical activity ~ Physical inactivity is one of the the major factors for de
- Obesity and excess weight ~ Excess weight increases the work load of the heart and rais

In addition to this factors, an individual's response to stress can be a contributing factor.

Cinnamon can be used as an alternative to treat heart disease. This spice supports healthy blo

In addition, cinnamon has antibacterial-inflammatory attribute that can reduce joint and muscl

While cinnamon can give many health benefits and improve overall well-being. The best options

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