



Giving Sugar an Aroma of Pure Health

Lesson # 16

by JC Spencer

Sherlock Holmes cleverly observed, “*There is nothing more deceptive than an obvious fact.*” Well, we may have just discovered what has been right under our noses for a long time. We already have a number of major health benefit studies and one study found that simply smelling cinnamon boosts cognitive function and memory.

Infection is the culprit in death and diseases. Some studies show that this discovery right under our noses has shown ability to stop medication-resistant yeast infection. When added to other foods, cinnamon inhibits bacterial growth and food spoilage, making cinnamon a natural food protectant. Consuming cinnamon is proven safe and effective. The USDA published a study showing that it reduces the proliferation of leukemia and lymphoma cancer cells.

Researchers at Kansas State University found that cinnamon fights the E. coli bacteria in unpasteurized juices. Cinnamon is also a great source of phytonutrient manganese, iron, and calcium as well as fiber. Studies have shown that just ½ teaspoon of cinnamon per day can lower LDL cholesterol.

Several studies suggest that cinnamon may have a regulatory effect on blood sugar, making it especially beneficial for people with Type 2 diabetes. It has an anti-clotting effect on the blood. In a study at Copenhagen University, patients given half a teaspoon of cinnamon combined with a one tablespoon of honey every morning before breakfast had significant relief in arthritis pain after one week and could walk without pain within one month. Improve Cinnamon with Trehalose = T/C.

The Endowment for Medical Research, a non-profit faith-based scientific research and educational public charity, is conducting a self funding T/C Six Month Pilot Survey to gather Evaluation Form Questionnaires from participants. Information and instructions are available on their website at <http://endowmentmed.org>.

Trehalose/Cinnamon can change your life and is one of the most healthful spices in your kitchen. But, caution because Ceylon cinnamon is the only true cinnamon. It has a sweet taste and is more expensive. Most cinnamon sold in supermarkets in North America comes from a less expensive variety. Combine Ceylon cinnamon with the sugar trehalose and you have two amazing ingredients for your health's future. Besides that, T/C is so delicious that you will want to sprinkle it on your toast, put it in your coffee or tea, on your salads and desserts. It doesn't matter HOW you get it into your stomach as long as ½ teaspoon of Ceylon cinnamon makes it there each day.

This lesson will cause you to say, “*Why didn't I know this before?*” Here is a brief Abstract entitled: **Cinnamon Improves Glucose and Lipids of People With Type 2 Diabetes.** The objective of this study was to determine whether cinnamon improves blood glucose, triglyceride, total cholesterol, HDL cholesterol, and LDL cholesterol levels in people with type 2 diabetes. **RESEARCH DESIGN AND METHODS** — A total of 60 people with type 2 diabetes, 30 men and 30 women aged 52.2 ± 6.32 years, were divided randomly into six groups. Groups 1, 2, and 3 consumed 1, 3, or 6 g of cinnamon daily, respectively, and groups 4, 5, and 6 were given placebo capsules corresponding to the number of capsules consumed for the three levels of cinnamon. The cinnamon was consumed for 40 days followed by a 20-day washout period. **RESULTS** — After 40 days, all three levels of cinnamon reduced the mean fasting serum glucose (18–29%), triglyceride (23–30%), LDL cholesterol (7–27%), and total cholesterol (12–26%) levels; no significant changes were noted in the placebo groups. Changes in HDL cholesterol were not significant. **CONCLUSIONS** — The results of this study demonstrate that intake of 1, 3, or 6 g of cinnamon per day reduces serum glucose, triglyceride, LDL cholesterol, and total cholesterol in people with type 2 diabetes and suggest that the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases.

Heart attacks may happen when platelets stick together and clump during normal bodily functions. Studies show that cinnamon may prevent this type of clotting by slowing the release of arachidonic acid from the platelet membranes, which is the cause for internal clotting and inflammation.

Studies show cinnamon has aromatic benefits and simply smelling cinnamon causes brain function to temporarily improved. Cinnamon aroma improved ability to use cognitive reasoning, helping the subjects to perform better on tests.

My wife and I enjoy a delightful slice of wholewheat or multi-grain toast buttered and sprinkled with T/C. One half teaspoon cinnamon mixed with one teaspoon trehalose was just right. You may wish to blend differently. Some will want two teaspoons of trehalose with a half teaspoon cinnamon. Enjoy with a hot cup of tea or coffee.

Sources:© The Endowment for Medical Research, Inc. <http://endowmentmed.org>
For FREE Lessons
<http://www.ars.usda.gov/is/pr/2010/100824.htm>
<http://care.diabetesjournals.org/content/26/12/3215.abstract>