

Connecting the Dots of Trehalose, Ceylon Cinnamon, and Lipids

Smart Sugars Lesson # 48

by JC Spencer

Smart Sugars are confirmed to be the icing on the cake of life. Without this icing, the cake would die.

Glycolipids (communication devices inside the human cell) and glycoproteins (communication devices, receptor sites, on the surface of cells) form the OS (operating system) and are responsible for all cellular communication. Only when the OS is functioning optimally is dementia and poor health prevented or corrected. Your brain is the control center for data from all your senses and communication.

New interesting information has been brought to our attention about Trehalose, Ceylon cinnamon, and lipids. The combination may hold exciting results. The individual set of components already have had amazing results. Connecting these three dots is interesting and while we are not sure of any synergistic effects, participants in our Pilot Survey may answer that question.

The American Diabetes Association is promoting an article entitled, ***Cinnamon Improves Glucose and Lipids of People With Type 2 Diabetes***. This research was conducted at the Beltsville Human Nutrition Research Center and is available at the USDA.

The polyphenolic polymers in Ceylon cinnamon seem to function to potentiate insulin action as needed. It is this polyphenolic activity that is helpful in controlling glucose intolerance and diabetes.

Cinnamon is beneficial against diabetes as it reduces serum glucose, triglycerides, LDL, and total cholesterol in patients with type 2 diabetes according to a report in *The Journal of the American Board of Family Medicine*.

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 indicate that cinnamon may have regulatory effect on blood sugar, making it especially beneficial for people with Type 2 diabetes. It also 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.

If you wish to participate in our International T/C+ Pilot Survey which covers many different health challenges, go to

<http://www.endowmentmed.org/content/view/1164>. Participants are responsible for General Health Evaluation Forms.

Source:

<http://www.ncbi.nlm.nih.gov/pubmed/21232572>

Expand Your Mind - Improve Your Brain

<http://www.endowmentmed.org/content/view/826/106/>

<http://indusorganics.com/retail/wordpress/Spice%20Blends,%20International%20Cooking,%20Healthy%20Cooking,%20Medicinal%20Benefits%20ceylon-cinnamon/>

<http://care.diabetesjournals.org/content/26/12/3215.abstract>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2362.2006.01629.x/abstract>

<http://www.jabfm.org/cgi/content/full/22/5/507/>

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