



## Cardiovascular Disease - Diabetes - Cinnamon & Trehalose

Smart Sugars Lesson # 33

by JC Spencer

Cardiovascular disease is the world's largest killer, claiming 18 million lives a year. Over eighty one million (81,000,000) American adults have one or more types of cardiovascular disease (CVD). That's an awesome count of one in three adults. Thirty eight million (38,000,000) adults over 60 years of age have CVD.

According to NIH, diabetes affects nearly twenty six million (25,800,000) people of all ages of the US population. A look at US residents over 65 years of age and older shows nearly eleven million (10,900,000) diabetes in 2010. About 215,000 people younger than 20 years had diabetes — type 1 or type 2 — in the United States in 2010.

Diabetes and heart problems have risen over the last decade with CVD remaining the leading cause of death in the United States. Stress coming from every directions compounds cardiovascular disease. Our objective is to educate our readers on ways to support and improve cardiovascular and diabetic health.

University research across the planet gives us evidence that Royal Sugars support cell health. Scientists have discovered that polyphenols found in ceylon cinnamon seem to protect omega-3 fatty acids from breaking down so they can better promote cardio health. Furthermore, ceylon cinnamon and trehalose each appear to help suppress inflammation.

Research indicated that cinnamon plays a role in glucose metabolism and blood pressure regulation. Other studies published in *Diabetic Care* show cinnamon not only helps control blood sugar levels but also triglycerides, total cholesterol and the 'bad' LDL cholesterol in those with type II diabetes.

It has been reported that a group of polyphenolic polymers found in cinnamon function as antioxidants to potentiate insulin action, and therefore, may also be beneficial in the control of glucose intolerance and diabetes.

It is my conviction that ceylon cinnamon and trehalose together may have synergistic benefits. We believe this to be the case, especially when we combine into the blend specific micronutrient trace minerals. This is the reason for my formulating what we call T/C+.

We are asking people from various countries to participate in an international Pilot Survey to help us determine possible benefits. Self-evaluation with the option of assistance from the participant's personal physician is beneficial in the study. Individuals are participating in the Pilot Survey with a wide range of serious physical ailments to general health evaluations. You can read more about the matched funding Pilot Survey at

<http://www.endowmentmed.org/content/view/1164>

Americans can save over one trillion dollars per year in healthcare costs by making some simple life saving choices. Good nutrition will provide the body with the necessary nutrients to modulate the immune system to operate with optimal efficiency. Evidence is in that we can extend life expectancy. We have our hands round what may be a big part of the anti-aging answer. Now, we need to get our brains around this simple solution and take action. Switch from bad sugars and sweeteners to good sugars, take good supplementation, and eat functional foods that have proven health benefits.

Download Lesson #33

<http://www.endowmentmed.org/pdf/SmartLesson33.pdf>

© The Endowment for Medical Research, Inc

[www.endowmentmed.org](http://www.endowmentmed.org)