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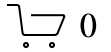
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JAN 24 • WRITTEN BY MEGHAN MERCIER

"Cinnamon: The Spice of Life and Health"



Cinnamon, a spice that has been used for thousands of years, is not just a delicious addition to our meals but also a powerhouse of health benefits. This aromatic spice, derived from the inner bark of trees belonging to the genus *Cinnamomum*, has been used in traditional medicine across various cultures. Modern research has begun to validate what ancient cultures have known for centuries – cinnamon is good for our health. Here's a look at some of the remarkable health benefits of cinnamon.

Rich in Antioxidants

Cinnamon is packed with powerful antioxidants, such as polyphenols, which protect your body from oxidative damage caused by free radicals. These antioxidants have anti-inflammatory effects, which can help lower the risk of disease.

Anti-Inflammatory Properties

The antioxidants in cinnamon have potent anti-inflammatory activity. Chronic inflammation is a root cause of many diseases, including heart disease, cancer, and brain disorders. Regular consumption of cinnamon could help reduce inflammation and lower the risk of these conditions.

Heart Health

Cinnamon has been linked with reduced risk factors for heart disease. Studies show that it can lower total cholesterol, LDL cholesterol, and triglycerides while maintaining or boosting the good HDL cholesterol. It also reduces blood pressure, further supporting heart health.

Blood Sugar Control

One of the most well-known benefits of cinnamon is its ability to lower blood sugar levels. It can improve insulin sensitivity and reduce the amount of glucose that enters the bloodstream after a meal. This makes it a helpful dietary addition for those managing type 2 diabetes or looking to stabilize their blood sugar levels.

Neuroprotective Effects

Cinnamon may also have beneficial effects on neurodegenerative diseases. It appears to inhibit the buildup of a protein called tau in the brain, which is one of the hallmarks of Alzheimer's disease. Additionally, it may help protect neurons and improve motor function in animal models of Parkinson's disease.

Fighting Bacterial and Fungal Infections

Cinnamaldehyde, one of the main active components of cinnamon, has antimicrobial properties. It can help fight various kinds of infection, including respiratory tract infections caused by fungi. Cinnamon oil has also been shown to effectively treat respiratory tract infections caused by fungi.

May Reduce the Risk of Cancer

Research suggests that cinnamon may help reduce the growth of cancer cells and the formation of blood vessels in tumors. It appears to be toxic to cancer cells, causing cell death.

Helps with Digestive Discomfort

Cinnamon is traditionally used to help with digestive issues. It can relieve indigestion, nausea, vomiting, upset stomach, and diarrhea. It's also a carminative, an agent that helps break up intestinal gas, which can relieve discomfort and bloating.

Cinnamon is not just a spice to add flavor to your dishes; it's a potent agent with numerous health benefits. From its antioxidant and anti-inflammatory properties to its ability to improve heart health and blood sugar levels, cinnamon is a superfood in its own right. However, it's important to note that more research is needed, especially in the form of human trials, to fully understand its benefits.

So, the next time you sprinkle cinnamon on your oatmeal or add it to your coffee, remember you're not just enhancing the flavor – you're boosting your health too.

We offer a few teas with cinnamon:

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