

[IMAGE]

A Spoonful of Cinnamon Helps the Blood Cholesterol Go Down

nbsp; According to Mary Poppins, "A spoonful of sugar helps the medicine go down in a most delightful way." A new report suggests that the equivalent of a spoonful of cinnamon a day can significantly lower blood sugar, cholesterol and lipid levels, which is most delightful news for people with - or at risk of developing - diabetes.

Sixty people with type 2 diabetes were divided into six groups; three groups received daily doses of cinnamon (1, 3 or 6 grams, respectively), while the other groups received placebo capsules containing wheat flour. The cinnamon was consumed for 40 days, followed by a 20-day washout period. Blood glucose, triglyceride, LDL cholesterol and total cholesterol levels were all significantly lower in patients receiving cinnamon compared to those given a placebo.

While adding cinnamon to the diet won't cure a person with diabetes, it may help protect diabetic patients from some of the worst complications that arise from the condition, such as blurred vision, heart disease and kidney failure.

There are a variety of ways cinnamon can be incorporated into a person's diet, such as adding it to coffee or cereal, or making a tea out of boiling water and cinnamon stick.

Reference:

Khan A, Safdar M, Muzaffar Ali Khan M, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care December 2003;26, pp3215-3218.

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