



CINNAMON

By, Saniha Dogganahalli (5th Grade)

Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Indonesia produces much of the world's cinnamon followed by China, Vietnam and Sri Lanka.

It can be used to help treat muscle spasms, vomiting, diarrhea, infections, the common cold, and loss of appetite. Cinnamon has antifungal, antibacterial, and even antiviral properties.

Other health benefits are:

- It could lower blood pressure
- Manage insulin resistance for Type 2 Diabetes
- Help reduce bad cholesterol (LDL)
- Adding cinnamon to daily regime can help neurons and treat symptoms of Alzheimer and Parkinson diseases
- Anti-inflammation
- Detoxification
- Build immune system

Because **cinnamon** is an unproven treatment, there is no established dose. Some recommend 1/2 to 1 teaspoon (2-4 grams) of powder a day. Some studies have used between 1 gram and 6 grams of **cinnamon**.