

HISTORY

Derived from the bark of a tropical evergreen tree

BCE- Greeks and Romans offered it to their gods

HERBREW BIBLE- God commanded Moses to use it in the sacred anointing oil

INDIA- Used for respiratory pain, upset stomach and muscle spasms

CHINA- Used for “warming” qualities, respiratory problems, muscle aches and to control blood sugar levels

USAGE

UNITED STATES & EUROPE- used in sweet dishes and as flavoring in beverages

SPAIN- adds to chocolate

MIDDLE EAST-used in stewing meats



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We hope you enjoyed the presentation!

CINNAMON

ANAMARIE ORGERA

Alternative Nutrition Therapy
DFM 655
J. Frank

Nutrition therapy: The selection and consumption of specific foods to obtain vitamins, minerals and other substances necessary for optimal health.

Alternative Therapy: The use of unconventional therapeutic systems used in place of or parallel to conventional biomedicine

SCIENTIFIC RESEARCH

Study 1- Determine the effects of cinnamon on type 2 diabetes

- group 1: control
- group 2: cinnamon or extract

Results- Cinnamon intake, whole or extract, resulted in significantly lower fasting blood glucose

Study 2- Determine effects of cinnamon on glycemic control in type 1 diabetes

- group 1: control
- group 2: 1g cinnamon
- gathered A1C and totally daily insulin for 90 days

Results- no effect on improving glycemic control for type 1 diabetics

Study 3- Determine effects of water soluble cinnamon extract on antioxidant status of people with impaired fasting blood glucose that are overweight and obese

- BMI 25-45
- group 1: control
- group 2: 250 mg aqueous cinnamon

extract for 2x day for 12 weeks
Results- reduced risk factors for diabetes and cardiovascular disease
More evidence needed

SCIENTIFIC RESEARCH

Study 4- Determine effects on systolic blood pressure and glucose and insulated related parameters in hypertensive rats

- group 1: sucrose diet + cinnamon
- group 2: non-sucrose diet + cinnamon
- Measured body weight, systolic blood

pressure, hematology and blood chemistry for 3-4 weeks

Results- Cinnamon may have roles in glucose metabolism and blood pressure regulation
More evidence needed

Study 5- Determine if other insulin related diseases are effected by cinnamon

-15 women with polycystic ovarian syndrome

- group 1: control
- group 2: cinnamon supplement for 8

weeks

Results- significant reductions in insulin resistance for group taking cinnamon



BONUS BENEFITS

- Lowers fasting blood glucose levels in type 2 diabetics but not in type 1 diabetics
- Used to help decrease the risk of diabetes and cardiovascular disease
- May have an effect on blood pressure
- May have an effect on other insulin related diseases

DOSAGES

- No limit or regulations in food
- Supplements depend on:
 - Age
 - Health
 - Weight
- Clinical trials for humans range from 250-1000 mg/day

SIDE EFFECTS

- Not enough evidence to prove any side effects
- Believed to be unsafe in large quantities for long periods of time
- Believed to interact with antidiabetes drugs
 - Cinnamon (lowers blood sugar) + diabetes meds (lowers blood sugar) = Hypoglycemia
- May interact with hepatotoxic drugs
 - Cinnamon may contain coumarin which can worsen liver damage
- Advised to speak to a doctor if supplementing

For healthy, delicious cinnamon recipes visit:

<http://www.epicurious.com/recipes/food/views/Low-Fat-Almond-Cinnamon-Biscotti-2255>

http://www.eatingwell.com/recipes_menus/recipe_slideshows/cinnamon_recipes