

Guillermou

Spices are the queen of antioxidants. Some ORAC values: Clove, 1,290,283 Oregano, 175,295 Romero, 165,280 Thyme, 157,380 Cinnamon, 131,420 Turmeric, 127,068 Vanilla, 122,400 In comparison, dry, unsweetened cocoa powder contains 55,653, not forgetting that taken in moderation, is very healthy.

In the golden milk, as advised by Dr. Mercola, as a combination of yellow turmeric spice along with coconut milk and / or coconut oil, it can also be made with raw honey and spices such as ginger and cinnamon, making it one Perfect drink for hot drinks. We know that turmeric is a powerful anti-inflammatory that exhibits more than 150 potentially therapeutic activities, including antimicrobial activity, against degenerative diseases like the Alzheimer, as well as potent anticancer properties

Ingredients:

- ½ cup organic turmeric powder
- 1 cup of water
- 1.5 teaspoons black pepper
- 5 tablespoons of virgin coconut oil
- 2 cups coconut milk
- 1/8 teaspoon vanilla (optional)
- Raw honey [or stevia] for flavor (optional)
- Cinnamon pinch (optional)

Posted On 09/04/2017

iamblessediam

GOOD - the friendly type - gut bugs LOVE spices - pathogenic ones DON'T:

[www.sciencedaily.com/.../980305053307.htm]. My friend Dr. James Duke authored a book on medicinal spices - it's where I learned to love spice use for something beyond tastes:

[www.amazon.com/Handbook-Medicinal-Spices-James-Duke/dp/0849312795]. Be well everyone!

LBP!

Posted On 09/04/2017

Krofter

To amp-up the next batch of bone stock you make, throw in a stick of cinnamon.

Posted On 09/04/2017

Guillermou

Very convenient, good taste, and good antioxidants. Cinnamon 131.000 ORAC

Posted On 09/04/2017

halcyon

One thing to keep in mind—you should not use more than 1/2 teaspoon daily of cassia cinnamon because of toxicity concerns. As for Ceylon cinnamon, there are no limits that I'm aware of. But if you ever buy Ceylon cinnamon, buy it in sticks, because there's a lot of deception going on where the cheaper cassia cinnamon is being substituted for ground Ceylon cinnamon. However, if you buy the sticks, you can look at them yourself and learn to recognize right away whether they're really Ceylon cinnamon, which looks quite a bit different from cassia. True, it's more work to grind them, but at least that way you know you're not getting ripped off, and freshly ground cinnamon will have more flavor too. Yes, if you're used to cassia, Ceylon cinnamon may seem a bit bland, but it's much more highly prized among culinary experts. I prefer Ceylon myself.

Posted On 09/05/2017

gardenson

Grulla, thank you for the cinnamon link about the differences. Now, when I'm at the co-op, I will know that I need to purchase Ceylon cinnamon!

Posted On 09/04/2017

timothy08

"There's "true" cinnamon, aka Ceylon cinnamon, ." which is also nearly tasteless. I bought a pound of it and consumed it daily. Finally it is gone and I replaced it with the more common dollar-store variety, called cassia. Much nicer. What is the point of increasing your life a fraction of a second, if the experience is diminished to complete blandness?

Posted On 09/04/2017

blueberre

I suppose the argument against cassia cinnamon is the coumarin content, which can damage the liver. Mentioned in the article, cassia has a higher content than ceylon. I usually purchase my spices on line from a store that specializes in spices. I love the Vietnamese Cinnamon for cooking, but it too apparently has a high coumarin content. I occasionally take a cinnamon supplement, but make sure that it is Ceylon only.

Posted On 09/04/2017

grulla

shop.indusorganics.com/.../cinnamon-difference

Posted On 09/04/2017

brianjstiles

timothy, if your 'true' ceylon cinnamon was "nearly tasteless" you were conned brother!...it was either FAKE, or adulterated or donkey's years old so that it lost all its activity....i buy true ORGANIC ceylon here in the u/k from 'healthfoods online' and it has a very distinctive, fragrant taste...FAR superior to the common or garden cassia kind!..try getting it again from another supplier next time...also remember the words of the late, great bodybuilder, fitness expert and nutritionist, jack la lanne: "if it tastes 'GOOD' then spit it out, it's not doing you any good!" (or words to that effect!)...love and light...

Posted On 09/04/2017

Lichase

I totally agree. Cassia cinnamon has a wonderful taste, which I just love; in fact, I crave it sometimes! Ceylon seems bland in comparison.

Posted On 09/04/2017

maxjohnson

Good quality ceylon cinnamon have a strong aroma when cooked and taste slightly sweet.

Posted On 09/05/2017

Almond

I use cinnamon to decrease/eliminate sugar/sweetener called for in recipes. Yesterday, I oven roasted root vegetable tossed with olive oil, salt and cinnamon. (chunked kohlrabi, sweet potato, carrot, onion, sour apple. Then, after removing from oven, finish by stir-frying on stove top with coarsely chopped beet leaves.) To balance blood sugar (and lose weight?) start your day with a heavy layer of cinnamon on something (toast, oatmeal, pear, etc).

Posted On 09/04/2017

maxjohnson

Cinnamon sticks are great to boil just to make the house smell good.

Posted On 09/05/2017

mar6915

I've enjoyed organic, bird friendly coffee , black every morning. No cream , never no sugar. After reading the last part of this article about the extract from cassia bark , and colorectal cancer tumor cell progression, I think I will be enjoying the new taste of cinnamon coffee, by adding a good dash of the organic cinnamon we have (probably from cassia bark). Glad to have read about the Ceylon cinnamon, wonder if a little dash in the bird bath for mosquito larvae prevention might be in order for us. Great to learn it is also nematicidal. I use a dental oil oregadent, that has cinnamon in, good for gum rubs around the teeth .

Posted On 09/05/2017

mar6915

It has been produced in Sri Lanka for over 2,000 years. Bible references include :Revelation 18:13 ; Exodus 30:23 ; Proverbs 7:17 : Song of Solomon 4:14 thinking of distilling your own ? good luck , for 5 oz you will need 1300 lb of Cinnamon' Pressure in lbs = 5, distilling temp. = 225-235 degrees F, and distilling time= 9-24 hrs. During distillation, pesticide residue leaches into plant material, so Absolutely NO pesticides, herbicides, fungicides, or agricultural chemicals of any kind can be used in the cultivation of herbs, spices earmarked for distillation.

Posted On 09/04/2017

drbrhm

we have consumed a cinnamon twigs with tea or sprinkle it on traditional dessert . Thanks Dr,Mercola for these information .

Posted On 09/04/2017

Krofter

As to my response to Samsel in the first article, when I add cinnamon to those foods the effects are reduced.

Posted On 09/04/2017

Guillermou

Cardiovascular diseases (CVD) remain the leading cause of mortality worldwide. These diseases include ischemic heart disease, hypertension, congenital heart disease, rheumatic heart disease, cardiomyopathy, endocarditis, heart failure, and arrhythmias. Approximately 1/3 to 1/5 of cardiovascular disease (CVD) cases are associated with myocardial infarction and heart failure. Some risk factors for cardiovascular diseases are smoking, stress, and diseases such as diabetes, atherosclerosis, and hypertension. The application of common therapies for CVD is associated with side effects, that is why the use of herbal medicines is considered because they have fewer side effects and are cheaper.

The most abundant bioactive compounds found in cinnamon are catechin, procatechuic acid, quercetin, epicatechin, p-coumaric acid, p-hydroxybenzoic acid, syringic acid, rosmarinic acid, caffeic acid, ferulic acid and chlorogenic acid (Figure 1). . In these reviews the effectiveness of cinnamon and its various bioactive compounds in preventing and treating cardiovascular diseases is stated in the majority of studies in humans and animals. Cinnamaldehyde and cinnamic acid are the main compounds with protective effects on cardiovascular diseases.

Previous studies have reported the beneficial effects of cinnamon on lipid profiles, fasting glucose, blood pressure, cardiovascular diseases, diabetes, and consequently mortality. Cinnamon influences the prevention and treatment of cardiovascular diseases by reducing blood lipids and blood pressure and improving the oxidant:antioxidant balance. In table 1 of the first link some studies on the cardiovascular protective properties of the bioactive components of cinnamon. www.pharmascigroup.us/.../IJPSDR-10-152.php (2024).-- imtj.gmu.ac.ir/browse.php?a_id=3714&slc_lang=en&sid=1&ftxt.. (2021).—

Posted On 06/12/2024

Guillermou

Cinnamon has antimicrobial, antidiabetic, hepatoprotective, neuroprotective (Alzheimer's and Parkinson's), cardioprotective, immunomodulatory and anticancer effects. The anti-inflammatory and antidiabetic properties of these compounds indirectly affect the receptor-mediated mechanism. Recent studies have also demonstrated the possibility of its application in reducing the symptoms of COVID-19 and in preventive treatment by strengthening the immune system. www.mdpi.com/.../648 (2021).-- link.springer.com/.../978-3-031-33505-1_17 (2023).-- link.springer.com/.../s13098-023-01057-2 (2023).--- link.springer.com/.../s10068-023-01292-3 (2023).--- This research reported on the antiviral activity of cinnamon essential oil and hoped for great potential to complement and/or combine existing treatment strategies.

against SARS-CoV2. link.springer.com/.../978-3-031-33505-1_11 (2023).----- UNVEILING THE MEDICINAL AND AYURVEDIC MARVELS AND MYSTERIES OF CINNAMON www.xisdjxsu.asia/V20102-38.pdf (2024).-- The percentage of cinnamaldehyde found in cinnamon oil can range from 65 to 90%. According to an in-depth review of relevant published research, cinnamaldehyde and its analogs demonstrate several signaling pathways that are effective against cancer.

This review provides a summary of recent research on cinnamaldehyde and its congeners as potential candidates for anticancer drugs. Research has shown that cinnamaldehydes have an effect that inhibits the invasion and metastasis of cancer cells. This class of compounds was investigated for its possible application in the treatment of cancers, such as leukemia, colon, hepatocellular carcinoma, prostate, mouth, and breast. www.mdpi.com/.../13 (2023) .---www.mdpi.com/.../8191 (2023)

Posted On 06/12/2024

Mmmarsha71

I am a C3 diabetic, and cinnamon has done amazing things for my glucose levels staying at a healthy level.

Posted On 06/12/2024

brianjstiles

Thank you for this valuable article on cinnamon, I have derived tremendous health benefits from consuming the true Ceylon cinnamon every day for years...

Posted On 06/12/2024

ICONOCLAST

Another great practical empowering article by Dr Mercola tending to show that we do not suffer from drug deficiencies but suffer in the long deadly shadow of J.D Rockefellers sick sin medicine, one ring to rule them all and in darkness bind them, but can utilise all the natural God-given compounds of his healing botanical pharmacy in the meantime while we await perfect health under his incoming Government of a thousand years..

Posted On 06/12/2024

grulla

"Cassia cinnamon has been shown to contain high amounts of coumarin, which can cause liver damage. In fact, one study showed 63 times more coumarin in cassia cinnamon than the Ceylon variety in powder form, and 18 times more than in Ceylon sticks. That's another reason why Ceylon is recommended above cassia, CNN noted.³" I recently read somewhere (?) that USDA organic cinnamon is on a par with Ceylon cinnamon. Not sure how accurate or reliable that is???

Posted On 06/13/2024

dejure

My take would be, merely growing something in accordance with what government agents call organic will not change the natural, or normal characteristics of what is being grown. Stay with Ceylon. Oh, and a farmer friend put it well: Rather than so called organic, you want chemical free. Again, don't forget the same people who claim covid shots are safe and effective tell us what qualifies as organic.

Posted On 06/13/2024
