



# What Is Ceylon Cinnamon?



## Ham Towne Spicery's Ceylon Cinnamon.....

(True Cinnamon) or *Cinnamomum Zeylanicum* (Cinnamon Verum)

Ceylon Cinnamon is soft and crumbly, tastes mild yet slightly sweeter than the common Cassia tree cinnamon. Ceylons complicated taste boasts natural hints of citrus and clove and is very aromatic when boiled or brewed. Unlike the Cassia Cinnamon which is what is available at your local grocery store, Ceylon Cinnamon has ultra **low Coumarin levels** so it won't damage your liver. Ceylon Cinnamon is called "**True Cinnamon**" because it is unique and native to this tiny Indian Ocean Island of Sri Lanka. All other varieties of Cinnamon are actually Cassia tree branches and not real Cinnamon. Kind of like the difference between Cane sugar and Beet sugar.

## Visual Differences



CASSIA CINNAMON IS HARD, THICK AND DRY. MADE UP OF ONE SHEET OF BARK. DANGEROUSLY HIGH LEVELS OF COUMARIN When CONSUMED, CONSISTENTLY.



CEYLON CINNAMON IS SOFT FRAGILE FULL OF ESSENTIAL OILS AND ULTRA LOW IN COUMARIN AND HIGH IN POTENTIAL HEALTH BENEFITS.

When you experience the taste, color and aroma of high quality Ceylon Cinnamon you understand what it means to refer to Ceylon as the "TRUE CINNAMON". Because only high organic quality Ceylon Cinnamon from Sri Lanka can make recipes taste beyond delicious and deliver high levels of health benefits without the potential of liver damage.

If you are looking for the best **Organic Ceylon Cinnamon Powder**, then look no further. Imported in small quantities, the freshness becomes immediately apparent. Brew it into tea and coffee or add it to pancakes, Toast, cold or hot cereals, Smoothies etc. and the aroma makes it clear, that this Ceylon cinnamon powder is fabulous. One Of The best you ever tasted we Guarantee it!!

The FDA has not approved Cinnamon to cure any medical condition. This information is presented for informational purposes and is not intended to treat, diagnose or cure any illness. Consult a physician before taking any Cinnamon. If you are pregnant, nursing or have a heart condition you should definitely not take Cinnamon.

[www.HamTowneSpicery.com](http://www.HamTowneSpicery.com)

A Brief Synopsis Of Cinnamon Studies of Health Benefits On Back.

## Cinnamon Nutrition Values (DV%)

8g (About 2 Cinnamon Sticks)



Source : USDA - National Nutrient Database for Standard Reference Release 25  
DV% based on Dietary Reference Index )



## A LITTLE INFORMATION ON CEYLON CINNAMON

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**Blood Sugar Control** – Several studies have found that Cinnamon has properties that help those with insulin resistance. It is therefore very popular with Type 2 diabetics who take it to control their blood sugar variations. Ceylon Cinnamon is particularly popular because it has low levels of Coumarin compared to Cassia Cinnamon found in your grocery store. In case you did not know, Coumarin in high doses can cause liver damage. You can safely double your dosage of Ceylon Cinnamon, since even doubling the dosage will not come close to the high Coumarin levels found in Cassia Cinnamon.

**Stomach Bug/Flu** - By far and away the best remedy for a stomach bug is Cinnamon. It makes sense because Cinnamon is a powerful anti-bacterial. Research has shown Cinnamon is one of the most effective substances against Escherichia coli, Salmonella, and Campylobacter. Another study found Cinnamaldehyde from Cinnamon Bark Oil in its various forms is effective against adenovirus.

**Candida Yeast Infections** - Cinnamon has shown an amazing ability to stop medication-resistant yeast infections. This applies to Escherichia coli bacteria and Candida albicans fungus. This study discovered that Cinnamon Oil was one of three leading essential oils effective against Candida.

**Cancer Preventer** – Research shows that Cinnamon and Cinnamon oil is a promising solution in the treatment of Tumors, Gastric Cancers and Melanomas. Research studies show that sugar may be causing or sustaining cancer cells and cinnamon may have a mitigating effect by controlling blood sugar levels in the body. Another study found good results with leukemia and lymphoma cancer cells. Cinnamon in its various forms has two chemical constituents called Cinnamaldehyde and Eugenol (From Cinnamon Oil). These have been used to develop nutraceuticals in this study that have proven fairly effective in fighting Human Colon Cancer Cells (Eugenol) and Human hepatoma cells (Cinnamaldehyde). So the evidence seems to suggest that Cinnamon is starving cancer cells of the sugar needed to sustain them.

**Lowering LDL cholesterol & triglycerides** – According to a Mayo clinic article the only possible way Cinnamon could lower cholesterol is indirectly via how the body processes sugar and fat. But there is no direct effect on cholesterol. Still another study in Pakistan found Cinnamon reduced triglyceride (23-30%), LDL cholesterol (7-27%), and total cholesterol (12-26%). A review in 2011 found The consumption of cinnamon is associated with a statistically significant decrease in levels of total cholesterol, LDL-C, and triglyceride levels, and an increase in HDL-C (the good cholesterol) levels, but qualified it by saying that applying it to patient care is difficult. Still, worth a try in our book.

**Alzheimer's Disease** – This article cites an Israeli study done at the University of Tel Aviv that found sufficient evidence to conclude that Cinnamon can delay the effects of five aggressive strains of Alzheimer's inducing genes. Another study also finds that orally administered Cinnamon extract has had good success in correcting Cognitive Impairment in Alzheimer's Disease in Animal Models. The latest findings indicate that two compounds found in cinnamon — cinnamaldehyde and epicatechin — may be effective in fighting Alzheimer's. According to a study by Roshni George and Donald Graves in 2013, two scientists at UC Santa Barbara, Cinnamon has been shown to prevent the development of the filamentous "tangles" found in the brain cells that characterize Alzheimer's.

**Anti-oxidant** – With an ORAC value of 267536  $\mu\text{mol TE}/100\text{g}$  (USDA 2007) cinnamon is one of the top seven anti-oxidants in the world. The suggestion is that Anti-oxidants reduce the formation of "Free Radicals" that cause cancer. This study found Cinnamon has sufficient anti-oxidant properties and makes for improved food palatability. This detailed Indian study also found potential anti microbial and antioxidant properties of the volatile oils and oleoresins of cinnamon leaf and bark. But consider anti-oxidants as good for your whole body, repairing damage to virtually all parts of your body from skin to organs.

### A FEW STUDIES OF INTEREST

Cinnamon improves glucose and lipids of people with type 2 diabetes.

<http://www.ncbi.nlm.nih.gov/pubmed/14633804>

Effect of Cinnamon on Glucose and Lipid Levels in Non-Insulin-Dependent Type 2 Diabetes

<http://care.diabetesjournals.org/content/30/9/2236.full>

Cinnamon intake lowers fasting blood glucose: meta-analysis.

<http://www.ncbi.nlm.nih.gov/pubmed/?term=Davis+Yokoyama+Cinnamon>