

## **To Microwave or Not to Microwave?**

**5 Saffron  
Health Benefits**

**Is High  
Blood Pressure Linked to  
Hearing Loss?**

**Cinnamon for Diabetes:  
A Heady Spice to  
Control Your  
Blood Sugar**

# Home Cures That Work

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Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaunderismd.com>



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I got a little lazy while making breakfast recently; instead of sautéing some sliced onions on the stove for my omelet, I decided to cook them in the microwave. No harm in that, right? According to Dr. Saunders, it is a total myth that zapping your food makes it less healthy. Here's how to put your microwave to good use.

Cinnamon is one of my favorite spices to use in the kitchen. Not only does it immediately evoke memories of Christmas and apple pie, it is amazing for your health – especially if you suffer from diabetes or high blood sugar. Big Pharma's medicines have failed to prevent or treat the explosion of diabetes around the world. Home Cures That Work helps you balance your blood sugar with natural alternatives, including cinnamon. Make sure you take it the right way by reading this month's article!

Another one of the world's most precious spices, saffron is a highly versatile spice that can be used to enhance your dishes or improve your health. Saffron has a slightly sweet taste and is immediately recognizable in a dish. It is known to remedy cancer, but also display extraordinary therapeutic effects for Alzheimer's...and so much more. Make sure you know how to spice up your food with saffron and benefit from its treasure trove of its healing properties.

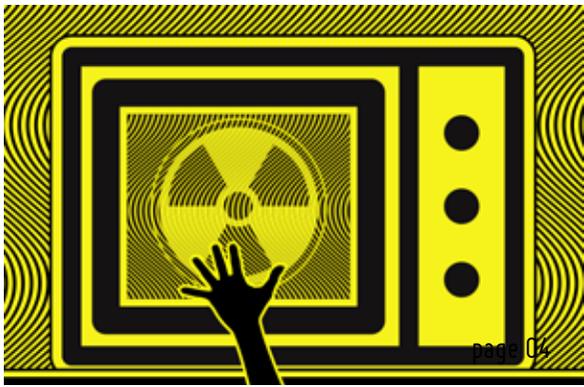
Did you know your heart is connected to your hearing? The association between cardiovascular health and hearing health is all about blood circulation throughout the body. Because of how small the inner ear is, the veins and arteries carrying blood through it are among the tiniest in the body — and therefore important to protect in order to preserve healthy hearing. Protect inner ear sensitivity because the ears may be the windows to your overall heart health.

There are good reasons to get cooking this month. From cinnamon to saffron, there are cures in the kitchen! Even microwaving may bring natural remedies closer to the table. Enjoy good health from Home Cures That Work!

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For your health,

Cheryl Ravey  
Editor, Home Cures That Work



## 104 TO MICROWAVE OR NOT TO MICROWAVE?

The convenience they offer is undeniable. But despite the widespread use of microwave ovens and their excellent safety record, some people have lingering doubts that cooking food with microwaves somehow makes food less healthy by zapping the nutrients out of food.



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Five reasons to add a few threads of this exotic spice to your food. Besides adding deep color and taste, saffron also has lots of health benefits, and may even help with weight loss.

## 103 IS HIGH BLOOD PRESSURE LINKED TO HEARING LOSS?

Uncontrolled high blood pressure doesn't just make your head sometimes feel like it's going to explode. That extra pressure is cutting off circulation in your ears. For your best health, here are important things to know about high blood pressure and hearing loss.



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## 106 CINNAMON FOR DIABETES: A HEADY SPICE TO CONTROL YOUR BLOOD SUGAR

One of the best things about superfoods is that they're not just nutritious, they're also delicious! Nowhere is this truer than when it comes to cinnamon!

# TO MICROWAVE OR NOT TO MICROWAVE?

by Dr. Scott Saunders, M.D.

**P**ercy Spencer worked for Raytheon as a specialist in Magnetron tubes that were used for radar during World War II. One day as he was working with an active tube, he noticed the candy bar in his pocket had melted. He decided to look into the phenomenon and tested many things near the tube including popcorn (the first microwave popcorn) and an egg (which blew up). He put one of the tubes into a metal box and did more experiments. His experiment of cooking food turned into the microwave oven we know today. Raytheon patented the idea in 1945, and Spencer got paid \$2.00 for it.

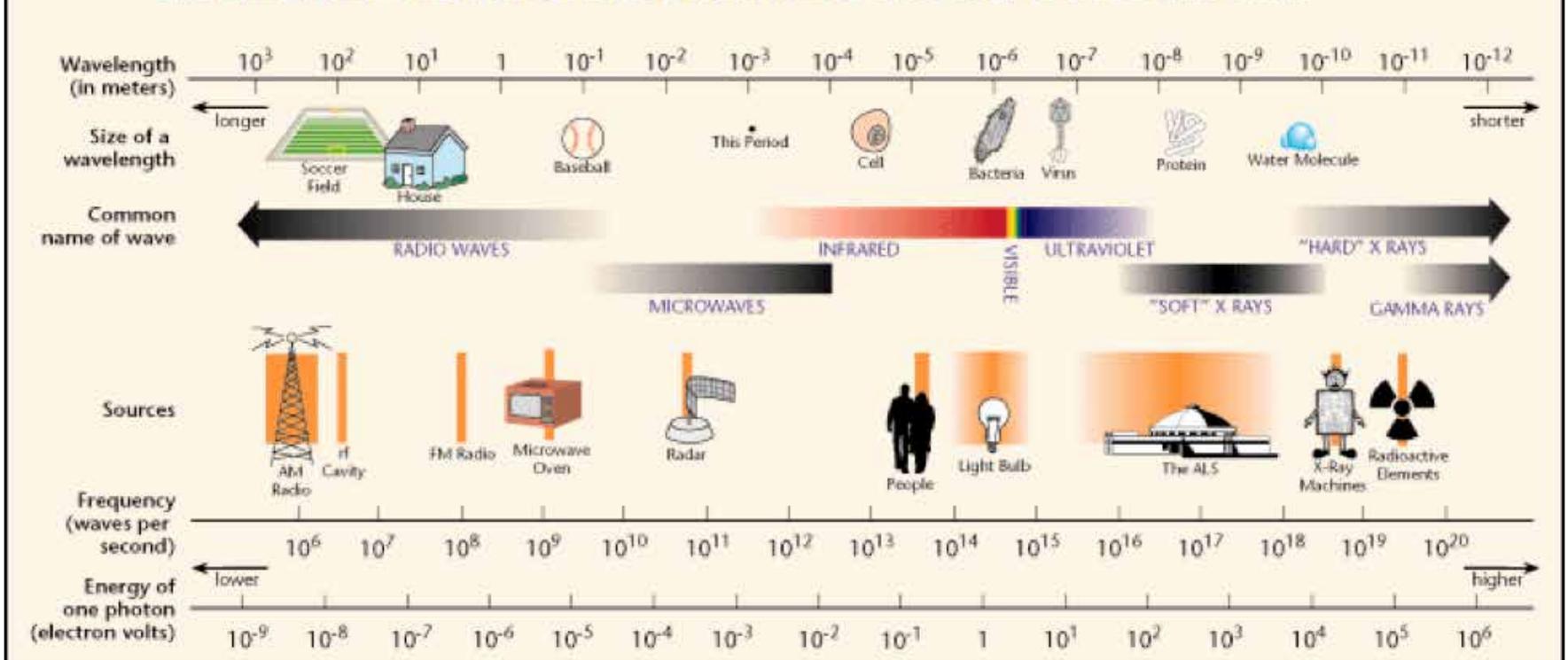
But when was the last time you had your hearing checked? Typically, hearing loss starts around age 30 and increases

progressively over the years. Since it often occurs gradually, it can be difficult to recognize when you have hearing loss. The best way to know for sure is to get a hearing assessment. Hearing loss is the fourth leading cause of disability in the U.S. and the third most prevalent chronic health condition facing seniors. Nearly half of people age 75 and older and approximately one-third of people ages 65 to 74 have hearing loss. In the next forty years, as the population ages, hearing loss is expected to nearly double.

The electromagnetic waves that travel throughout the Universe include the light we see, as well as many forms of radiation. Some are high-energy that can damage proteins and DNA in the body, and others have little or no effect. Microwaves are on this electromagnetic spectrum as seen in the image.[1]



# THE ELECTROMAGNETIC SPECTRUM



As you can see, the shorter the wavelength, the higher the energy and the more damage it causes. GAMMA RAYS are at the other end of the spectrum from microwaves and considered radioactive. Anything to the left of the VISIBLE spectrum on the chart is non-ionizing. This means it releases low energy in the form of heat but doesn't have enough energy to product an effect on the atomic level.

Microwaves are lower energy than a radar, but higher than an FM radio. The longer the wavelength, the more they can penetrate a substance before releasing energy. Microwaves are effectively the shortest radio waves.

This is why it is said that microwaves "cook food from the inside out." The distance between the invisible up and down pattern of electricity in a microwave is about the diameter of a basketball. This is why they can put a metal screen with holes in the door of a microwave so you can see inside and let the light waves out, which are as small as a bacteria, but not any of the electromagnetic waves. The energy is contained within the oven like a mirrored box with a light in it -- the light just bounces around the mirrors.

Incidentally, the "millimeter wave" detectors at airport security use electromagnetic radiation in the same microwave spectrum.

The advantage of using nearly the same wavelength as radar allows it to pass transparently through lightweight materials, such as clothing, to detect metals and dense materials without causing ionization, which could be damaging like X-rays.

If you think about it, the fact that we can heat food without heating its container is no less than miraculous! Microwaves cause polar molecules (like water, sugar, and oil) that have one positive end and a negative end to vibrate as they absorb the energy from the wave. Vibration is given off as heat. This is not unlike an infrared heat lamp or the red glow of a burner on the stove. The faster molecules move, the more they are perceived as hot. Molecules that are not polar, such as glass and plastic, don't absorb the microwaves, and thus do not heat up.

Some ceramics contain metal, which can cause it to heat up in the microwave oven. Metal has charges that can move around, which is why it can conduct electricity and cause a spark. Small bits of metal in a container can cause the container to heat up. Generally, the microwaves reflect off metal. All the hype about not putting metal objects in a microwave oven is mainly to avoid sparks, which can burn plastic or set fires. Also, if you cover food with aluminum foil, the microwaves will bounce off and not heat the food.

## What happens if you turn on a microwave oven with nothing in it?

The old microwave ovens had the tube source directly in

the oven, which heated the tube and destroyed it. The new microwave energy travels through a waveguide/window and is distributed into a metal cavity where the food is cooked. This protects the tube from damage. However, the energy in the oven will increase because there is nothing inside to absorb it, and it can heat up anything that absorbs even a small amount. [2] Turning microwaves on without any food inside, even for a few minutes or more, does not damage modern ovens.

## What should I do if I see sparks?

Turn it off. It won't hurt anything, and it doesn't ruin the microwave oven. If any plastic is burned, best to throw it away, and don't eat the food, for reasons we'll discuss later.

## What about the plants that died after being watered with microwaved water?

There was an email with pictures of plants that circulated in 2010 claiming to be a science fair project done by a student. The project compared plants watered with either stovetop or microwave-heated and cooled water. The pictures included thriving and dying plants. The thriving plants were apparently watered with cooled stovetop water. The dying plants were anemic and allegedly watered with cooled microwave water. However, many have attempted to repeat this experiment, but without the same outcome. All plants do equally well, no matter which kind of water is used.[3]

## Do microwaves destroy vitamins?

Heat destroys some vitamins, so the higher the heat, the more vitamins are destroyed. Vitamin C, for example is changed by heat.

The second issue is cooking with water. When food is cooked in water, the water-soluble vitamins are leached out, so the food has less – as much as 80% less – of these vitamins. Using little or no water in a microwave oven is a good way to retain the nutrient content of your food.[4]

Even institutional microwaves that are twice the power of home models provide favorable results compared to conventional methods. The most important factor in retaining water-soluble vitamins is to use less water. Previous studies of the effect of microwave ovens on the nutrients in food showed a loss of vitamins simply because vegetables were cooked in water. [5] The answer, then, is that the microwaves do not destroy vitamins.

## Does the microwave oven cause more heat than conventional cooking?

Higher heat is a problem for food for two reasons:

1. More nutrients are destroyed.
2. Substances such as nitrosamines that are toxic might be created.

The principle of heating food in a microwave oven is based on kinetic energy. As water molecules rotate, they bump into other molecules surrounding them and transfer energy as heat. The high-energy water releases steam to prevent food from overheating. Oils and fats may get hotter because they have a higher temperature of vaporization -- if there is no water in the food. Research mostly shows microwaves preserve vitamins better than in boiled water. Steaming is as good as a microwave. Frying and grilling generally require higher temperatures than a microwave destroy more vitamins.[6]



One study looked at the level of nitrosamines in bacon cooked in a frying pan vs. in a microwave oven. The frying method produced significantly more toxic nitrosamines than the microwave oven.[7] Conventional ovens and toaster ovens can heat food hotter than a microwave oven and also destroys more nutrients. If you look at the ELECTROMAGNETIC SPECTRUM above, the conventional oven falls in the INFRARED area and is higher energy than the microwaves, about a thousand times more energy per photon.

## Is plastic in a microwave oven dangerous?

When some plastics burn, they make a chemical called dioxin which is quite toxic and associated with certain cancers. Unless there is something metal in the microwave oven that is creating sparks, the food doesn't get hot enough to release dioxins. However, if bacon or other grease melts or causes browning of the plastic container it's best not to eat it. In fact, it's best not to cook bacon in a plastic container.

There are some other substances such as phthalates and bisphenol-A (BPA) that leach out of plastic. These are endocrine disrupters, which means they have a negative effect on the hormone system. Containers that say they are microwave safe means they can cook food without leaching significant amounts of these chemicals. Other plastics might be microwave safe, but if they aren't tested, then they won't say they are safe.[8] It's best not to use plastics in the microwave oven that don't specifically state they are microwave safe. Even plastic bags or plastic food wrap should not touch the food that is being heated.

## How do I keep the nutrients in my food when cooking it?

Raw food has the most nutrient value. If you cook your food less, the nutrient value will be higher. Also, avoid cooking vegetables in water, use steam or a microwave oven instead. If you fry or grill with high heat, do it for only a short time. When you re-heat something in the microwave oven, don't overheat it – just enough to get it to the right temperature.

We are surrounded by microwaves every day, all day. We use radios, cell phones, and all sorts of wireless communication that is electromagnetic radiation. Microwaves are energy waves just like infrared, and light. When used properly, they can make our lives easier, such as the amazing microwave oven!

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[2]<https://www.quora.com/What-happens-if-you-start-a-microwave-with-nothing-inside-it> [3]<https://www.mcgill.ca/oss/article/you-asked/will-watering-plants-heated-microwaved-water-kill-them> [4]<https://www.nytimes.com/2006/10/17/health/17real.html> [5]<https://www.ncbi.nlm.nih.gov/pubmed/3894486> [6]<https://www.quora.com/What-happens-if-you-start-a-microwave-with-nothing-inside-it> [7]<https://www.ncbi.nlm.nih.gov/pubmed/2744660> [8]<https://www.health.harvard.edu/staying-healthy/microwaving-food-in-plastic-dangerous-or-not>



# 5 Saffron Health Benefits

by Rob Fischer

**S**affron may well be the most expensive spice on earth, fetching as much as \$150 per ounce. And in case you're doing the math, that's about \$4.8 million per ton!

Why so costly? The source of this exotic spice is the stigmas of a crocus flower that blooms once a year for only a few days. Each flower must be picked and its three fragile stigmas removed from the center of its petals by hand—a very tedious process. It takes about 4,500 crocus blossoms to yield that precious ounce of spice.[1]

Unlike most crocuses that we grow in the US, the saffron crocus (*Crocus sativus*) blooms in the fall. The flower is a petite, lavender bloom with six petals. Nestled inside this delicate blossom are three burnt-orange stigmas (the female part of the flower) that bare its delicious flavor and pleasant aroma.[2]

Saffron has been cultivated for millennia. Though widely grown and used the world over today, saffron originated in Southern Europe and Southwest Asia. And while we know saffron best for its culinary delights, saffron also offers a rich, orange-yellow dye that you'd recognize in the robes of Buddhist monks.[3]

But in ages past, saffron's health benefits and medicinal applications have overshadowed all of its other uses. References to saffron as medicine date back to Hippocrates.[4] Saffron has enjoyed the status of wonder herb treating a wide variety of ailments including:[5]

- Asthma
- Infertility
- Insomnia
- Cancer
- Baldness
- Intestinal gas
- Depression
- Alzheimer's
- Shock
- Pain
- Heartburn
- Dry skin
- Premenstrual cramping
- Cough and whooping cough
- Hardening of the arteries

As with many other remedies of this nature, we encounter a blend of folklore and modern science. Specific studies on saffron are out there, but not like one would expect from the development of a drug. Pharmaceutical companies who stand to profit from the studies fund most major medical research.

So when it comes to natural spices, herbs and their like, research is limited to universities and mostly nonprofit groups who simply have a desire to learn and share their findings with others. As a result, the studies tend to be small and are often dismissed by the medical community at large. But with money as the primary motivator for the big drug studies, I think we have more reason to be cynical of them than of these smaller studies.



# Health Benefits of Saffron

Saffron can thank its medicinal properties to: vitamins A, C, many of the B vitamins, the flavonoid crocin, the glycoside picrocrocinn, safranal, carotenoids, antioxidants, and a wide variety of minerals, manganese being the most prominent among them.[6],[7] These components lend saffron numerous properties as an antioxidant, antidepressant, anticancer, antispasmodic, antiseptic, and anticonvulsant.[8]

Actual studies on saffron have revealed a number of striking health benefits:

## 1. Inhibits and/or retards the growth of cancer cells.

Researchers believe that the carotenoids in saffron are toxic to cancer cells.[9][10] When saffron enters a cancer cell, the cell turns on itself and dies.

Saffron does not have this effect on the healthy cells.[11]

## 2. Fights the effects of Alzheimer's.

Saffron reverses aluminum toxicity, memory loss and neurological disorders associated with Alzheimer's and dementia. [12][13] A double-blind, placebo-controlled study indicates that saffron may be a safe and effective treatment for mild to moderate Alzheimer's.[14]

## 3. Helps alleviate depression and premenstrual syndrome.

Saffron is effective against mild to moderate depression and rivals medications commonly prescribed by doctors.

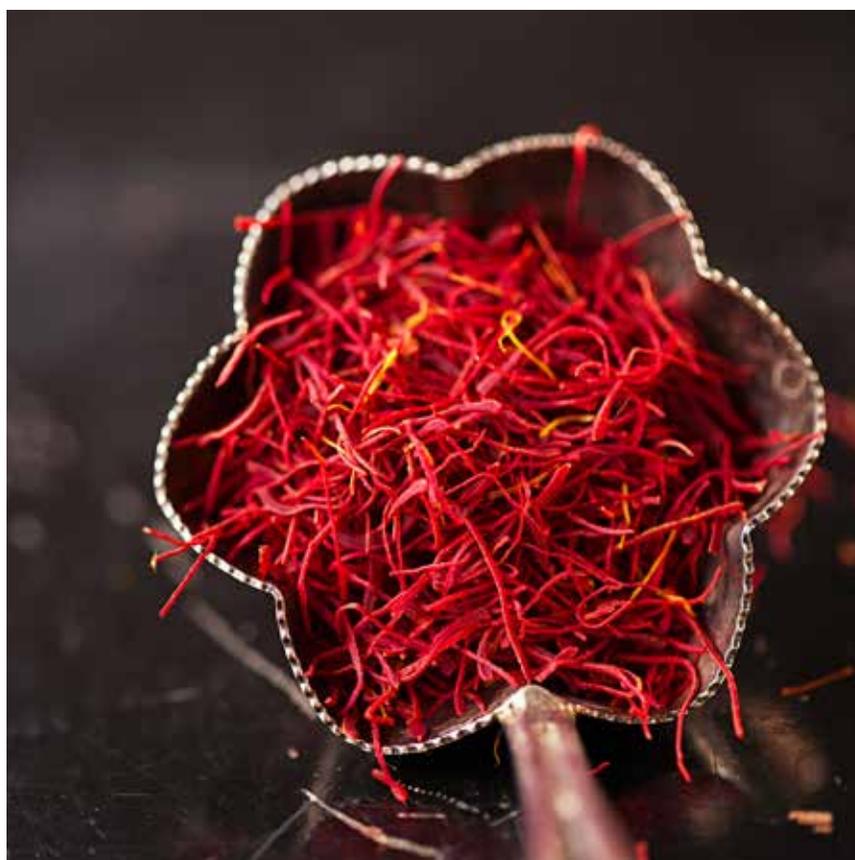
The great health benefit of saffron over antidepressant drugs is that there are no known long-term side-effects or addictions associated with saffron.[15][16][17] This spice also helps relieve pain and bleeding during the menstrual cycle.[18]

## 4. Prevents macular degeneration.

At universities in Italy and Australia, scientists found that saffron may not only protect the eyes, but may also slow and reverse eye diseases such as age-related macular degeneration (AMD) and retinitis pigmentosa.[19] Clinical trials on patients with AMD, involving a double-blind, placebo-controlled approach resulted in the vision improvement of 23 out of 25 patients. Patients received a daily oral dose of 20 mg of saffron.[20]

## 5. Promotes weight loss.

A study published in 2010 demonstrated that supplementing with saffron helped mildly overweight women decrease their snacking and reduce their weight significantly compared with those who merely took a placebo.[21] If one health benefit of saffron is curbing the appetite, then that's good enough for me!



# How to Purchase and Administer Saffron

Due to its high value, hucksters often try to pass off a lesser spice as saffron, or they lace saffron with other herbs. So always purchase saffron from a trusted source. Very little is needed when cooking! As a supplement, various trials have set the daily dosage of 20 mg of saffron or saffron extract, or 30 mg per day divided into two doses.[22] Those doses apparently work for most applications. A dosage up to 1.5 grams per day is thought to be safe, but begins to be toxic at 5 grams and 12-20 grams can be deadly.[23] To take saffron, either purchase a supplement that contains saffron extract, or make a tea or milk beverage with ten strands of saffron, or simply spice your food with it.[24]

## Recipe for Easy Paella

### Ingredients

- 2 pounds skinless, boneless chicken breasts cut into 2 inch pieces
- 1 pound chorizo sausage, casings removed and crumbled
- 1 pound shrimp, peeled and deveined
- 2 cups uncooked short-grain white rice
- 1 quart chicken stock
- 1 Spanish onion, chopped
- 1 red bell pepper, coarsely chopped
- 3 cloves garlic, crushed
- 2 lemons, zested 6 tablespoons olive oil, divided
- 1 tablespoon paprika
- 2 teaspoons dried oregano
- Salt and black pepper to taste

- 1 teaspoon crushed red pepper flakes
- 1 bay leaf
- ½ bunch Italian flat leaf parsley, chopped
- 1 pinch saffron threads

### Directions

In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, salt and pepper. Stir in chicken pieces to coat. Cover, and refrigerate.

Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring to coat rice with oil for about 3 minutes. Stir in saffron threads, bay leaf, parsley, chicken stock, and lemon zest. Bring to a boil, cover, and reduce heat to medium low. Simmer 20 minutes.

Meanwhile, heat 2 tablespoons olive oil in a separate skillet over medium heat. Stir in marinated chicken and onion; cook 5 minutes. Stir in bell pepper and sausage; cook 5 minutes. Stir in shrimp; cook, turning the shrimp, until both sides are pink.

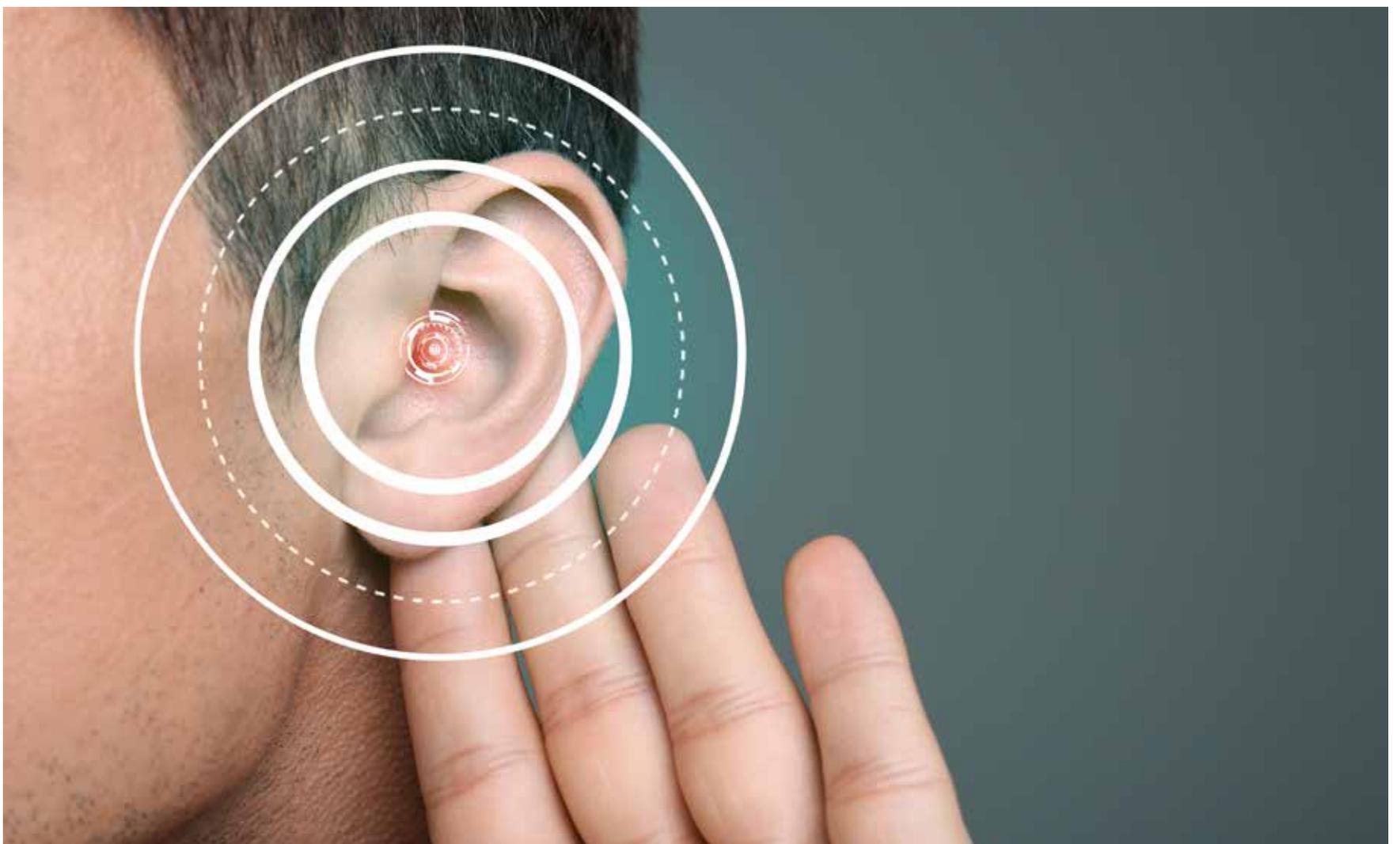
Spread rice mixture onto a serving tray. Top with meat and seafood mixture.

As you might guess from reading that recipe [25], very little saffron goes a long way! A little saffron may go a long way toward improving your health as well.

Clearly there is something magical about the spice saffron. If its striking beauty does not immediately cast a spell, often it simply takes experiencing the many health benefits of this spice to fall into full enchantment with it. Its uniqueness can promote weight loss, alleviate depression, slow the progression of Alzheimer's disease and reduce cancer risk. Eating saffron also appears to help vision by retarding the degeneration of the retina that occurs with age.

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# IS HIGH BLOOD PRESSURE LINKED TO HEARING LOSS?



**W**hen was the last time you had your blood pressure checked? It was probably within the past year, and most likely you can remember if it was high or within the normal range.

But when was the last time you had your hearing checked?

Typically, hearing loss starts around age 30 and increases progressively over the years. Since it often occurs gradually, it can be difficult to recognize when you have hearing loss. The best way to know for sure is to get a hearing assessment.

Hearing loss is the fourth leading cause of disability in the U.S. and the third most prevalent chronic health condition facing seniors. Nearly half of people age 75 and older and approximately one-third of people ages 65 to 74 have hearing loss. In



the next forty years, as the population ages, hearing loss is expected to nearly double.

## Connecting High Blood Pressure, Hearing Loss

Recent research links high blood pressure to hearing loss. Some researchers have even called the ear “a window to the heart.” David R. Friedland, M.D. found that audiogram patterns (or hearing assessment results) strongly correlate with arterial disease, even acting as a heart-health test for those at risk. This means that doctors might be able to use those patterns as screening criteria to assess your risk for a cardiovascular event like a heart attack.

## How are blood pressure and hearing loss linked?

Blood pressure numbers of less than 120/80 mm Hg are

considered within the normal range, according to the American Heart Association. But when high blood pressure (130/80 mm Hg) is left untreated it can directly affect your hearing by serving as an accelerating factor in the degeneration of the auditory system as you age.

When you have high blood pressure, blood vessels all over the body, including the ears, are injured because blood flow to the body is impaired. According to the Center for Disease Control and Prevention, 75 million people in the United States have hypertension. When blood vessels in your ears are damaged, fatty plaque builds up and can affect your hearing. The inner ear, which is very sensitive to blood flow, is one of the key areas responsible for hearing. Within the inner ear there are critical hair cells; the hair cells have vital structures that detect and respond to sound, transmitting nerve signals to the brain. In addition to high blood pressure, certain medications, excessive exposure to loud noises, aging or an infection can damage the hair cells.

If you suffer from high blood pressure for a long period of time, it can permanently damage the hearing organs. Not only is high blood pressure a cause for concern, any sudden change



When high blood pressure (130/80) is left untreated it can directly affect your hearing by serving as an accelerating factor in the degeneration of the auditory system as you age.

in your hearing is a significant warning sign and should not be ignored. A study published by the American Heart Association, found that sudden sensorineural hearing loss can be an early warning sign of an impending stroke.

- Reduce sodium intake.
- Limit alcohol consumption.

## Attention Baby Boomers: Control Blood Pressure, Prevent Hearing Loss

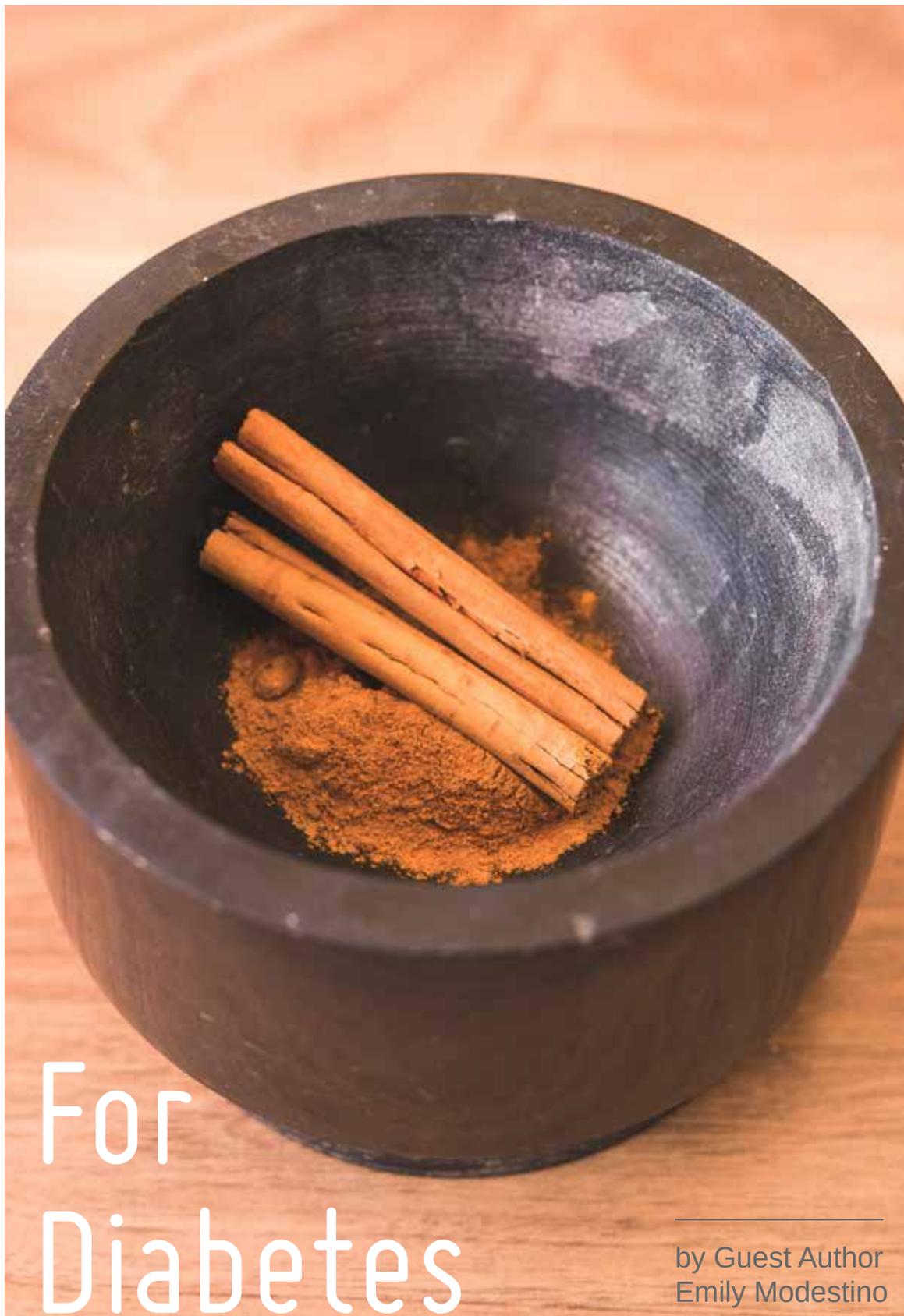
Since high blood pressure can accelerate hearing loss, getting your hearing checked can be a lifesaver—literally. The good news is that researchers found that controlling blood pressure can prevent further hearing loss. Although medication can be used to regulate blood pressure, simple dietary and lifestyle changes can also work wonders:

- Maintain a healthy weight.
- Exercise for 30 minutes a day, five times a week.
- Eat a diet rich in whole grains, fruits, vegetables and low-fat dairy products.

## Your Hearing Assessment\* is Just a Click Away

Regardless of the degree of severity, hearing loss may affect your quality of life. If you are suffering from hearing loss, don't dismiss it as 'just' part of the aging process. Since high blood pressure and hearing loss often go hand-in-hand, recognizing the connection could save your hearing or your life. Schedule your complimentary hearing assessment\* today by calling 866-837-8286 (866-TEST-AT-60), or by visiting [campaignforbetterhearing.us](http://campaignforbetterhearing.us).

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889339/> <https://hearinghealthfoundation.org/hearing-loss-tinnitus-statistics> <https://onlinelibrary.wiley.com/doi/abs/10.1002/lary.20130> <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings> <https://www.cdc.gov/bloodpressure/index.htm> <https://www.ahajournals.org/doi/10.1161/STROKEAHA.108.519090>



For  
Diabetes

by Guest Author  
Emily Modestino



**C**INNAMON OWING TO its dominant, robust flavor is a popular spice used for flavoring various delicacies as well as drinks. Besides, this aromatic spice also finds its use in medicine. It has potent properties that make it quite useful in controlling diabetes, a condition characterized by high blood sugar levels. Diabetes is a serious condition which if not adequately controlled can affect the health of your heart, kidney and can even cause nerve damage. You can take medications and insulin injection to manage it. However, if you are looking for some natural remedies, then cinnamon can be of help.

### What is cinnamon?

Cinnamon is a sweet cum hot spice obtained from the bark of *Cinnamomum* trees. It has a pleasant and warm aroma

# C I N N A M O N

## A Heady Spice to Control Your Blood Sugar

and is widely used for flavoring various recipes. Besides, it has potent anti-inflammatory and antioxidant properties which make it an excellent natural way to cure diabetes mellitus.

## Types of Cinnamon

- Cassia
- Ceylon

## How does cinnamon help combat diabetes?

Cinnamon is known to provide various health benefits and works like a magic spice for those who have diabetes. Read below to learn why you should include cinnamon in your diet to fight diabetes.

### 1. Cinnamon can mimic insulin and increase

## your body's sensitivity towards it

Insulin is a crucial hormone in your body that manages your blood sugar levels. Those who have diabetes either have low insulin production or their body is not able to respond appropriately to insulin secretion. Both the factors lead to the rise in sugar levels in your body. In such a case, cinnamon can help you out for reducing blood sugar. It can mimic the work of insulin, thus increasing the absorption of glucose by the cells. Further, it also boosts the sensitivity of the cells of your body towards insulin thus increasing the transport of glucose into the cells. When glucose gets adequately used up your cells, your blood sugar level remains steady.

### 2. Cinnamon can lower blood sugar level after meals



There can be a dramatic rise in your blood glucose levels after you have your meal depending on the carbs consumed. This instant spike in the blood sugar level can be alarming especially for those who have diabetes. It is because the fluctuations in the blood sugar level can increase the oxidative stress and inflammation that can damage the cells of your body, thus increasing the risk of chronic diseases. Researchers claim that consuming cinnamon whether as whole or in extract form can significantly bring down



the blood sugar levels — the miraculous spice aids in blocking digestive enzymes and slowing down the stomach emptying process.

### 3. Cinnamon is rich in antioxidants that effectively help fight diabetes

Cinnamon brims with antioxidants that make it great for your health and well-being. It comes second after cloves for containing maximum antioxidants. These active compounds present in cinnamon are useful for people who have diabetes as they help reduce the oxidative stress in your body by combating the free radicals that cause much damage to your body's cells. The oxidative stress is directly related to the development of chronic diseases including type-2 diabetes.

### 4. Cinnamon also reduces the risk of other diseases associated with diabetes

Cinnamon is a wondrous spice that not only helps manage the blood sugar level in those who have diabetes but also lowers down the risk of other complications arising out of the disease. People with diabetes are more vulnerable to developing heart diseases, but consuming cinnamon can help prevent it. It is because it is rich in antioxidants and reduces inflammation that may strain your heart. It also helps in lowering the bad cholesterol levels and triglycerides that contribute

to heart disease; and increases good cholesterol levels in your body. Further, the spice is known to regulate the blood sugar level by lowering the systolic and diastolic blood pressure. Also, it contains a compound known as Cinnamaldehyde that dilates blood vessels, thus easing the high blood pressure.

Too high sugar levels can damage your brain also. Diabetes can affect your nerve cells increasing the risk of conditions like Alzheimer's. Studies state that cinnamon can restrict the activity of tau proteins and beta-amyloid that can form plaques in the nerves resulting in the development of Alzheimer's.

### The best way to use Cinnamon for managing diabetes

You can include cinnamon in various recipes and enjoy its amazing flavor and aroma along with numerous health benefits including healthy blood sugar levels. You can make cinnamon tea or add it to your dishes, drinks or desserts. However, the best way to use cinnamon for controlling your diabetes is to consume it in supplement form. [CinnaChroma can help you regulate blood sugar levels even in people with insulin resistance.](#)

### Too much cinnamon can create trouble for you

Cinnamon does efficiently manage your blood sugar level, but over-consumption of it can be dangerous. It is known to contain a harmful substance known as coumarin which has a toxic effect on your liver. Thus, excessive consumption of cinnamon can damage your liver. So you must consume it in moderate

amount. On an average, one can take anywhere between one to six grams of cinnamon a day depending upon its coumarin content. Cassia cinnamon is known to contain more coumarin as compared to Ceylon. Also, people already on medications for diabetes must consult their doctor before adding cinnamon for diabetes management as it can further lower down the blood sugar level.



Cinnamon is known to effectively manage your blood sugar levels and prevent the risk of other complications associated with it. Thus, it is a wonderful spice for people who have diabetes. Include CinnaChroma in your diet and follow a healthy lifestyle to combat the condition and live a happy unrestricted life.

*Emylee Modestino is a passionate blogger at [www.howtocure.com](http://www.howtocure.com) with an endless enthusiasm for bringing a bunch of useful information to communities. Her favorite areas of interest include quality healthcare, natural health, fitness, and food. Her articles have the capability to condense even the complicated health issues through easily resolvable home remedies and cure.*

Sources:  
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We help people experience vibrant, amazing health through natural healing remedies.