

Nature's Agro

Products Lanka Company

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Agri

business

The Magic of
Cinnamon



25 HEALTH BENEFITS OF
CINNAMON
WITH RESEARCH DATA TO BACK IT UP



TEA

What's **Diabetic Killer TEA** ... ?

DIABETIC KILLER TEA-100% Made from Scientifically Identified active & Various portion's Compositions only from 100% TRUE CEYLON CINNAMON TREES. Contains of the Pouch to be Infused and Drink.



Much Health Benefits from Diabetic Killer TEA !!!

What is Diabetic Killer TEA ?

100% Made from Scientifically
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portion's Compositions only from
100% TRUE CINNAMON Trees
contains of the pouch to be
infused and Drink for Much health
Benefits for Long Life.

As a dietary supplement for adults, take up to
3 DIABETIC KILLER TEA daily, preferable at
Morning, Evening & Night, or as directed by a
healthcare practitioner.

**If you are PREGNANT or Already Diabetic
Person?**, Nursing, taking any medication or
have a medical condition, please consult
your health care practitioner before taking
any dietary supplement.

VALUE OF Diabetic Killer TEA !!!

**Please Read Carefully before use Diabetic Killer Tea.*

1) 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. So Ceylon CINNAMON Much better, in another study Ceylon Cinnamon was found to have an effect on blood sugar control in a rat model. If you are taking Ceylon Cinnamon for diabetes, take it in moderation as part of a healthy program of diet, proper nutrition and moderate exercise.

2) Arthritis/Osteoporosis - The widely cited Copenhagen university study is a hoax. Most of the evidence that Cinnamon helps arthritis is from personal testimonials. Some people claim drinking Cinnamon tea helps the pain from arthritis while others claim a Cinnamon Oil based massage oil helps

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ease the pain. What we do know is that Cinnamon has high levels (73% DV in two sticks of Cinnamon) of Manganese which is used to build bones, blood and other connective tissues, according to the University of Maryland Medical Center. The body needs manganese for optimal bone health, so people who are deficient in the mineral are more likely to develop osteoporosis. Of course another factor causing Osteoporosis may be excessive dairy consumption. A study in 2008 listed in this pdf found that Alderhyde components of Ceylon Cinnamon bark extract suppresses RANKL-induced osteoclastogenesis through NFATc 1 down regulation.

3) Weight Reducer - Cinnamon apparently has the effect of thinning your blood thereby increasing blood circulation. Increased blood flow generally boosts your metabolism which is why it may help in weight loss. This blood thinning property of cinnamon also helps it to act as an anticoagulant agent especially for those suffering from heart disease. However care must be taken to NOT take it with other blood thinning medication. The main ingredient that causes your blood to thin is Coumarin which is present in high doses in cassia Cinnamon (4%) but not in Ceylon Cinnamon (0.04%), However Coumarin causes liver damage. So taking Cassia Cinnamon for weight loss may end up causing liver damage.

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Since Cinnamon increases insulin's capacity to metabolize sugar - cinnamon may help reduce hunger pangs and sugar cravings, which would help reduce weight. Especially those who have diabetes and find it hard to lose weight. This article cites *Dr. Greenburg of Tufts University as saying it holds promising possibilities for weight loss.*

4) Cancer Preventer - Research shows that Cinnamon oil is a promising solution in the treatment of Tumors, Gastric Cancers and Melanomas. Research studies show that sugar maybe 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.

5) 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. Another study was found Cinnamon Oil to be effective against two strains of Candida, C. orthopedicus and C. parapsilosis. A third study found that Cinnamon Oil was ineffective

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against three strains of Candida, *Candida albicans*, *Candida tropicalis*, and *Candida krusei*. Real Ceylon Cinnamon Tea infused with Cinnamon Bark Oil could be an excellent way to fight internal Candida infections and boost your immune system. For topical applications (except genital areas and mucous membranes) 1% Ceylon Cinnamon Leaf Oil mixed with carrier oil could be an extremely effective treatment option.

6) Stomach Bug/Flu - By far and away the best remedy for a horrible 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 (click the links for the research) *Escherichia coli*, *Salmonella*., *Campylobacter*. Another study found Cinnamaldehyde from Cinnamon Bark Oil in its various forms is effective against adenovirus. Another reason to have our Cinnamon tea which is infused with Cinnamon Bark Oil that has high levels of Cinnamaldehyde (over 750/o). Read our Blog post on how to take Cinnamon for stomach bugs and flu.

7) Irritable Bowel Syndrome (IBS) - As a digestive cinnamon dramatically reduces the uncomfortable feelings associated with IBS especially the bloating. It does this by killing bacteria and healing infections in the GI tract and enabling the gastric juices to work normally. A Japanese study apparently showed it to cure ulcers but this cannot be verified. But if you do have stomach cramps or upsets, a cup of Cinnamon tea 2-3 times per day will dramatically reduce the pain.

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8) Anti-Bacteria V Anti Microbial - Ceylon Cinnamon Leaf Oil is a powerful anti-bacterial and makes a great natural disinfectant. Cinnamon oil had the best anti microbial activity among three oils against *Escherichia coli*, *Staphylococcus aureus*, *Aspergillus oryzae*, and *Penicillium digitatum* according to this abstract..

Dilute it with water to disinfect kitchen counter tops, sinks, your refrigerator, door knobs, toys and many other things. If you have young children and don't want to use harsh cancer causing chemicals use Cinnamon Oil. Cinnamon sticks are also a good anti bacterial but you would need a lot of it to make a difference. If you want a mild disinfect, like to wash your face, then a couple of Cinnamon sticks boiled in hot water might be an idea.

9) Food Preservative - Cinnamon is effective in inhibiting bacterial Growth. This maybe one reason why it is widely used in food preparation in hot Asian countries. In Sri Lanka, virtually every dish has a pinch of Cinnamon in it. In addition to great flavor, Ceylon Cinnamon in combination with other spices like Turmeric and Chili may have been an indigenous solution to preserve food without a refrigerator. This' study for using Cinnamon Oil coated paper as a preservative found a 6% Cinnamon Oil solution was responsible for complete inhibition of mold in sliced bread packaging. This study listed on Feb 2013 also found cinnamon oil effective in developing insect resistant food packaging film. Cinnamon also came on top in this study, even against All spice and Clove Oil as very effective for making edible food film.

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10) Odor Neutralizer - Pure Cinnamon Leaf oil not only smells great but is an effective odor neutralizer as it kills bacteria that creates bad odors and not just mask odors. All you need is 2-5 drops of Cinnamon leaf oil mixed with water on a diffuser and within minutes all odors are neutralized. Alternatively spray diluted Cinnamon Leaf Oil and wipe down toilets, floors and kitchen counter tops, garbage cans and the interior of vehicles to rapidly remove foul odors. Far better than any chemical sprays. It also has the effect of improving your mood. Especially great as a cure for the winter blues.

11) Alertness, Memory & Cognitive Development - According to this study by Dr. Bryan Raudenbush, Director of Undergraduate Research and associate professor of psychology at Wheeling Jesuit University in Wheeling, WV. Cinnamon may keep you more alert and decrease your frustration when you are behind the wheel. This hard to verify German study cited in this article those taking Cinnamon improved their response times and memory recall. While not scientific, our personal experience suggests pretty good results in alertness and concentration.

12) Anti-oxidant - With an ORAC value of 267536 pmol TE/100g (USDA2007) 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 (pdf) also found potential anti microbial and antioxidant properties of the volatile oils and

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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.

13) Massage Therapy - Cinnamon is a well known warming agent. Combined with carrier oil it is highly effective in relaxing and relieving muscle pain. Some put a few drops in their bath to relax and to soothe tired and aching muscles.

14) Anti-Fungal - Got a bad case of athlete's foot? Its powerful anti fungal properties are the perfect natural alternative to killing the athlete's foot fungus.

15) 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%).

16) E-coli Fighter - One of the most effective E-coli fighters because of its anti microbial properties. Mix cinnamon oil with hydrogen peroxide and spray your cutting board and kitchen sink especially after you have cut meats. Spray it in your refrigerator. It's safe and natural.

18) Nutrients - One teaspoon of Cinnamon Powder (a realistic dose) has 0.33mg (16% DV) Manganese, 0.76 mg (4% DV) Iron, 24.56 mg (2% DV) -Calcium. This data was calculated from this

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site. We have also presented USDA figures with RDA % (see chart below) which we think is more accurate, although we cannot confirm the Manganese levels in Cinnamon from any reliable source. Manganese apparently works as an enzyme activator and plays an important role in building good structure and bone metabolism. According to WebMD manganese is therefore useful for weak bones (osteoporosis), a type of "tired blood" (anemia), and symptoms of premenstrual syndrome (PMS).

19) Insect Repellent - The anti microbial qualities of Cinnamon Leaf oil is often used for head lice treatment, black ant control, bed bugs, dust mites, and roaches' It is well known as a defense against mosquitoes" This WebMD article sites a Taiwanese study which found that it not only kills Mosquito larvae but also acts as a bug repellent. This paper suggests that real Cinnamon Oil as opposed to Cinnamon extract is the best for a broad range anti microbial activity.

20) Cold, Sore Throat and Cough - At the first sign (within 5-10 minutes) of sniffles or an itch in your throat take some Cinnamon Tea or Cinnamon stick Tea. It is said to stop an impending illness in its tracks. Again this is related to the anti bacterial properties and warming properties of Cinnamon and its propensity to increase blood flow and thereby improve blood oxygen levels to fight illness. Chinese traditional medicine commonly recommends Cinnamon for phlegm coughs.

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22) Alzh'eimer's Disease

23) PMS

24) Menstruation

25) Heart Diseases

26) Pimples and Blackheads

27) Mouth freshener & Decay Preventer

28) Reduces Urinary tract infections

29) Birth Control

30) Brain Tonic

31) Healing

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