

Chapter 1 : Cinnamon Health Benefits & Nutrition Facts - Dr. Axe

The Boutique For Unique Treasures The Cinnamon Stick, in Middlebury, IN, is the area's leading boutique for unique treasures for more than 25 years. We carry a variety of apparel and accessories, and we offer free gift wrapping.

Top 13 Cinnamon Benefits

- 1. In fact, researchers have identified at least 41 different protective compounds found within cinnamon to date. And in a study that compared the antioxidant activity of 26 spices, cinnamon was deemed the winner and proved to be higher in antioxidants than other many other herbs and spices, including garlic, thyme, rosemary and oregano. These compounds work to fight oxidative stress in the body and aid in the prevention of chronic disease. It can also help limit nitric oxide build-up in the blood and prevent fat peroxidation, both of which can increase the risk of brain disorders, cancer, heart disease and other chronic conditions.**
Relieves Inflammation The antioxidants in cinnamon can help relieve inflammation, which may help lower the risk of heart disease, cancer, cognitive decline and more.
Protects Heart Health Studies show that one of the top cinnamon health benefits is its ability to improve heart health. Cinnamon also increases circulation and improves tissue repair, which may be especially helpful for regenerating heart tissue in order to help fight heart attacks, heart disease and stroke. It can lower blood sugar levels and improve sensitivity to the hormone insulin, which helps transport sugar from the bloodstream to the tissues to keep blood sugar levels balanced.
Fights Infections and Viruses There are many potential benefits of cinnamon when it comes to defending the body from illness. Cinnamon contains natural antimicrobial, antibiotic, antifungal and antiviral properties and its essential oils contain powerful immune-boosting compounds as well. Cinnamon oil, in particular, can also protect against bacterial infections, which can cause conditions like the common cold, strep throat and pneumonia. The essential oils from cinnamon have been shown to have potent antibacterial properties and can be used to naturally combat bacteria in the mouth, acting as a natural mouthwash. Because it removes oral bacteria, cinnamon has the ability to fight bad breath without adding any chemicals to the body. Because of this, cinnamon has also been traditionally used as tooth powder and a natural remedy for toothaches, dental problems and mouth sores.
Prevents Candida The powerful antifungal properties in cinnamon could be effective in treating and preventing Candida overgrowth in the digestive tract.
Benefits Skin Health The potential cinnamon benefits for skin are rooted in its antibiotic and antimicrobial properties which can help protect skin from irritation, rashes, allergic reactions and infection. Applying cinnamon essential oil directly to the skin can be helpful in reducing inflammation, swelling, pain and redness.
Reduces Allergy Symptoms Those with allergies may find relief thanks to the multitude of beneficial compounds packed into cinnamon. Cinnamon already has anti-diabetic effects that slow sugar absorption and may help curb cravings by stabilizing blood sugar, but using cinnamon for its naturally sweet taste is yet another added benefit that can boost blood sugar control. Cinnamon contains no added sugar and minimal calories yet is high in many nutrients, making it an extremely healthy addition to many meals. Try using cinnamon in coffee, tea, baked goods, yogurt, on fruit or in oatmeal instead of adding extra sugar. This can help you to reduce your sugar intake and cut down on extra calories to aid in weight loss and fight Candida, diabetes and low energy.
Acts as a Natural Preservative One of the lesser-known cinnamon powder benefits is that it can be used to preserve food. Because cinnamon has antibacterial abilities and acts as an antioxidant, it can be used as a preservative in many foods without the need for chemicals or artificial ingredients. Cinnamon also possesses antityrosinase activities, which can be useful in stopping the discoloration of fruits and vegetables as they oxidize and begin to rot. High amounts of cinnamon and cassia cinnamon in particular can cause several adverse symptoms. This is due to the presence of a compound called coumarin, which has been shown to damage the liver in large amounts. Excess consumption of the coumarin found in cassia cinnamon has also been linked to other health problems, including an increased risk of cancer development. Cinnamon consumption has also been associated with breathing problems and mouth sores in some people.
Additionally, many people often wonder:
Types of Cinnamon The cinnamon tree is grown around the world and approximately species of cinnamon have been identified so far. However, there are two main types of cinnamon spice used today: Ceylon cinnamon, which is sometimes labeled as true or real cinnamon, and

Cassia cinnamon, which is more widely available and commonly used. They each have a notable spicy taste and fragrance which is due to the presence of cinnamaldehyde and both types also contain plenty of health benefits, but Ceylon cinnamon powder is actually considered to be more potent. In addition to these two common types of cinnamon, some of the other varieties available include:

Chapter 2 : 26 Mechanic Street Hammondsport

The Cinnamon Stick Sylvania, Toledo, Ohio. 1, likes 46 talking about this were here. Homemade fruit and cream pies, dessert cocktails, ice.

It has been prized for its medicinal properties for thousands of years. Modern science has now confirmed what people have known for ages. Here are 10 health benefits of cinnamon that are supported by scientific research. Share on Pinterest Cinnamon is a spice that is made from the inner bark of trees scientifically known as Cinnamomum. It has been used as an ingredient throughout history, dating back as far as Ancient Egypt. It used to be rare and valuable and was regarded as a gift fit for kings. These days, cinnamon is cheap, available in every supermarket and found as an ingredient in various foods and recipes. There are two main types of cinnamon 1: Also known as "true" cinnamon. The more common variety today and what people generally refer to as "cinnamon. The inner bark is then extracted and the woody parts removed. When it dries, it forms strips that curl into rolls, called cinnamon sticks. These sticks can be ground to form cinnamon powder. The distinct smell and flavor of cinnamon are due to the oily part, which is very high in the compound cinnamaldehyde 2. Summary Cinnamon is a popular spice. Antioxidants protect your body from oxidative damage caused by free radicals. Cinnamon is loaded with powerful antioxidants, such as polyphenols 3, 4, 5. In a study that compared the antioxidant activity of 26 spices, cinnamon wound up as the clear winner, even outranking "superfoods" like garlic and oregano 6. In fact, it is so powerful that cinnamon can be used as a natural food preservative 7. Summary Cinnamon contains large amounts of highly potent polyphenol antioxidants. Inflammation is incredibly important. It helps your body fight infections and repair tissue damage. Cinnamon may be useful in this regard. Studies show that this spice and its antioxidants have potent anti-inflammatory properties 8, 9. Summary The antioxidants in cinnamon have anti-inflammatory effects, which may help lower your risk of disease. In people with type 2 diabetes, 1 gram or about half a teaspoon of cinnamon per day has been shown to have beneficial effects on blood markers. More recently, a big review study concluded that a cinnamon dose of just mg per day can have these effects. In animal studies, cinnamon has been shown to reduce blood pressure 3. When combined, all these factors may drastically cut your risk of heart disease. Summary Cinnamon may improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure. Insulin is one of the key hormones that regulate metabolism and energy use. The problem is that many people are resistant to the effects of insulin. This is known as insulin resistance, a hallmark of serious conditions like metabolic syndrome and type 2 diabetes. The good news is that cinnamon can dramatically reduce insulin resistance, helping this important hormone do its job 12, By increasing insulin sensitivity, cinnamon can lower blood sugar levels, as discussed in the next chapter. Summary Cinnamon has been shown to significantly increase sensitivity to the hormone insulin. Cinnamon is well known for its blood-sugar-lowering properties. Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar by several other mechanisms. First, cinnamon has been shown to decrease the amount of glucose that enters your bloodstream after a meal. It does this by interfering with numerous digestive enzymes, which slows the breakdown of carbohydrates in your digestive tract 14, Second, a compound in cinnamon can act on cells by mimicking insulin 16, This greatly improves glucose uptake by your cells, though it acts much slower than insulin itself. The effective dose is typically 1-6 grams or around 0. For more information on how you can lower your blood sugar levels, check out 15 easy ways to lower blood sugar levels naturally. Summary Cinnamon has been shown to reduce fasting blood sugar levels, having a potent anti-diabetic effect at 1-6 grams or 0. Neurodegenerative diseases are characterized by progressive loss of the structure or function of brain cells. These effects need to be studied further in humans. However, human research is lacking. Cancer is a serious disease, characterized by uncontrolled cell growth. Cinnamon has been widely studied for its potential use in cancer prevention and treatment. Overall, the evidence is limited to test-tube and animal studies, which suggest that cinnamon extracts may protect against cancer 25, 26, 27, 28, It acts by reducing the growth of cancer cells and the formation of blood vessels in tumors and appears to be toxic to cancer cells, causing cell death. A study in mice with colon cancer revealed that

cinnamon is a potent activator of detoxifying enzymes in the colon, protecting against further cancer growth. These findings were supported by test-tube experiments, which showed that cinnamon activates protective antioxidant responses in human colon cells. Whether cinnamon has any effect in living, breathing humans needs to be confirmed in controlled studies. For a list of 13 foods that could potentially lower your risk of cancer, you might want to read this article. Summary Animal and test-tube studies indicate that cinnamon may have protective effects against cancer. Cinnamaldehyde, one of the main active components of cinnamon, may help fight various kinds of infection. Cinnamon oil has been shown to effectively treat respiratory tract infections caused by fungi. It can also inhibit the growth of certain bacteria, including *Listeria* and *Salmonella* 32 . However, the evidence is limited and so far cinnamon has not been shown to reduce infections elsewhere in the body. The antimicrobial effects of cinnamon may also help prevent tooth decay and reduce bad breath 34 . Summary Cinnamaldehyde has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath. Cinnamon extracted from Cassia varieties is thought to help fight against HIV-1, the most common strain of the HIV virus in humans 36 . A laboratory study looking at HIV-infected cells found that cinnamon was the most effective treatment of all 69 medicinal plants studied. Human trials are needed to confirm these effects. The Cassia variety contains significant amounts of a compound called coumarin, which is believed to be harmful in large doses. All cinnamon should have health benefits, but Cassia may cause problems in large doses due to the coumarin content. Unfortunately, most cinnamon found in supermarkets is the cheaper Cassia variety. You may be able to find Ceylon in some health food stores, and there is a good selection on Amazon. The Bottom Line At the end of the day, cinnamon is one of the most delicious and healthiest spices on the planet. It can lower blood sugar levels, reduce heart disease risk factors and has a plethora of other impressive health benefits. Healthline and our partners may receive a portion of the revenues if you make a purchase using a link above.

Chapter 3 : The Hidden Benefits of Cinnamon Tea - Step To Health

*America's Coolest Small Town Hammondspport 26 Mechanic Street Hammondspport, New York
terry@www.nxgvision.com*

Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. February Ancient history[edit] Cinnamon has been known from remote antiquity. It was imported to Egypt as early as BC, but those who report that it had come from China confuse it with cassia. According to Herodotus , both cinnamon and cassia grew in Arabia, together with incense, myrrh , and labdanum , and were guarded by winged serpents. The gifts of Hellenistic rulers to temples sometimes included cassia and cinnamon. Cinnamon was brought around the Arabian peninsula on "rafts without rudders or sails or oars", taking advantage of the winter trade winds. From reading Latin writers who quoted Herodotus, Europeans had learned that cinnamon came up the Red Sea to the trading ports of Egypt, but where it came from was less than clear. When the Sieur de Joinville accompanied his king to Egypt on crusade in , he reported "and believed " what he had been told: Marco Polo avoided precision on the topic. Pliny the Elder wrote in the first century that traders had made this up to charge more, but the story remained current in Byzantium as late as The disruption of this trade by the rise of other Mediterranean powers, such as the Mamluk sultans and the Ottoman Empire , was one of many factors that led Europeans to search more widely for other routes to Asia. Early modern period[edit] During the s, Ferdinand Magellan was searching for spices on behalf of Spain, and in the Philippines found *Cinnamomum mindanaense*, which was closely related to C. This cinnamon eventually competed with Sri Lankan cinnamon, which was controlled by the Portuguese. When one is downwind of the island, one can still smell cinnamon eight leagues out to sea. The British took control of Ceylon from the Dutch in Cultivation[edit] Leaves from a wild cinnamon tree Cinnamon is an evergreen tree characterized by oval-shaped leaves, thick bark, and a berry fruit. When harvesting the spice, the bark and leaves are the primary parts of the plant used. The following year, about a dozen new shoots form from the roots, replacing those that were cut. A number of pests such as *Colletotrichum gloeosporioides*, *Diplodia* spp. The cut stems are processed by scraping off the outer bark, then beating the branch evenly with a hammer to loosen the inner bark, which is then pried off in long rolls. The processed bark dries completely in four to six hours, provided it is in a well-ventilated and relatively warm environment. A less than ideal drying environment encourages the proliferation of pests in the bark, which may then require treatment by fumigation. Fumigated bark is not considered to be of the same premium quality as untreated bark. A number of species are often sold as cinnamon: Ceylon cinnamon, using only the thin inner bark, has a lighter brown colour, a finer, less dense and more crumbly texture. It is considered to be subtle and more aromatic in flavour than cassia and it loses much of its flavour during cooking. The barks of the species are easily distinguished when whole, both in macroscopic and microscopic characteristics. Ceylon cinnamon sticks quills have many thin layers and can easily be made into powder using a coffee or spice grinder, whereas cassia sticks are much harder. Indonesian cinnamon is often sold in neat quills made up of one thick layer, capable of damaging a spice or coffee grinder. The powdered bark is harder to distinguish, but if it is treated with tincture of iodine a test for starch , little effect is visible with pure Ceylon cinnamon, but when Chinese cinnamon is present, a deep-blue tint is produced.

Chapter 4 : Cinnamon Sticks: Spices, Seasonings & Extracts | eBay

T Absolutely adore this shop!! Full of antiques and amazing treasures. A visit to The Cinnamon Stick does my soul good. Judy is the kindest and most friendly shopkeeper she is what makes the shop a destination all of its own!

She currently studies at the Institute for Integrative Nutrition and has been writing about nutrition since She is most passionate about veganism and vegetarianism and loves to promote the health benefits of eating fruits and vegetables. A bundle of cinnamon sticks. Cinnamon has also been used as medicine in traditional healing systems for ages. You can grind up fresh cinnamon sticks to make tea, to cook into your food or sprinkle on toast, cereal or desserts. Video of the Day Glucose Lowering The effects of cinnamon on blood sugar levels in people have been studied, and promising results have been found. In a study published in in the "Journal of the American College of Nutrition," overweight and obese people with impaired fasting glucose were administered either cinnamon extract or a placebo twice daily. They concluded that the glucose-lowering antioxidant properties of cinnamon may lower risk factors associated with heart disease and diabetes. Another study, published in "Diabetes Care" in , investigated the effects of ground cinnamon sticks on blood glucose levels and found it had the same glucose-lowering effect as cinnamon extract. Cholesterol Lowering In a study published in "Diabetes Care," 60 diabetes patients were given 1, 3, or 6 grams of powdered cinnamon daily, or a placebo. After 40 days, all patients who took cinnamon not only had reduced glucose levels, but also reduced levels of unhealthy cholesterol. Specifically, triglyceride levels were reduced by 23 to 30 percent, and LDL -- "bad" -- cholesterol was reduced by 7 to 27 percent. However, there were no changes in the patients who took placebos. This points to the significant benefits cinnamon sticks have on cardiovascular health. Muscle Soreness Reduction By reducing inflammation, cinnamon sticks may even reduce pain after tough workouts. In a study published in the "International Journal of Preventive Medicine" in , 60 young women were given either cinnamon, ginger or a placebo daily while participating in an athletic training program. Those who received 3 grams of cinnamon powder experienced less muscle soreness than the placebo group after six weeks. Cancer Fighting In a study published in "BMC Cancer" in , scientists looked at the effects of cinnamon extract on tumor cells in test tubes and in mice. The tumor cells were from cancer of the lymph, skin, cervix and colon. The scientists found that cinnamon extract significantly hindered the growth of tumor cells and even killed some of the tumor cells, both in test tubes and in mice. In a study published in "Cancer Letters" in , scientists found similar results and even stated that cinnamon has potential as an alternative medicine for treating tumors. However, these studies used cinnamon extract instead of cinnamon sticks in their whole form. The effects of fresh cinnamon sticks on cancer cells in humans has not been studied.

Chapter 5 : The Cinnamon Stick, Toledo - Restaurant Reviews, Phone Number & Photos - TripAdvisor

12 reviews of The Cinnamon Stick "What a great place! The best pie selection! Breakfasts and lunches and great service. It was nice to be in a cosy locally owned restaurant not a chain. 5 stars for sure."

Cinnamon sticks add great flavor, improves food palatability and gives a fabulous aroma to baked goods, Cassia Cinnamon sticks are used in recipes which call for an overt Cinnamon taste, Because Cassia Cinnamon sticks tend to be spicy with a strong aroma it is ideal for coffee. The sticks are hard and can often be used as a stir stick too. Mild soft Ceylon Cinnamon sticks are not ideal for this. Cassia Cinnamon is more often ground into powder for use in baked foods or to sprinkle on food. Ceylon Cinnamon because it is mild is used in far more complex recipes where Cinnamon does not take stage. It has more range and mixes well with many ingredients to create complex multi layered flavors. It can be used whole or broken into small pieces so the aroma and flavor comes out. In Sri Lanka a small piece of cinnamon is used in virtually every curry recipe. It is the best for making Cinnamon stick tea. While Cinnamon powder is more convenient, using whole Cinnamon sticks tends to give a fresher taste. Cinnamon sticks have higher levels of the oils that make Cinnamon so compelling. It would be messy. Here are some neat ways to use Cinnamon sticks that you may not have thought of. Add to Curries, Soups and stews - A stick of Cinnamon in Stews, Soups or Asian curries adds a warmth and depth of flavor, especially a beef or chicken curry. [Click here for a wonderful array of light Sri Lankan curry recipes, stews and soups.](#) Add a whole stick to rice - Add a cinnamon stick to rice as you boil the rice. It is best to use Ceylon Cinnamon sticks, which will give it a wonderful fragrant aroma. Add half teaspoon of Turmeric into the rice too. That will make the rice yellow and very appetizing. Make Cinnamon essence for baking - Immerse 2 Cinnamon sticks in 3 ounces of light rum, keep it in a cool dark place for two weeks, shaking it everyday. You can just add this essence to flavor any baking or cooking recipes that calls for Cinnamon essence. [Click here for cinnamon extract recipe.](#) Cinnamon Syrup - This you got to try, especially with Ceylon Cinnamon. The taste and the aroma is fabulous. Great for making cocktails, pour a little on Vanilla Ice cream, sprinkle on fruit salads and drizzle on pancakes. [Check out the recipe here.](#) Foot Wash - Got a bad case of Athletes foot? Break three Cinnamon sticks and put it into some warm to hot water and immerse your feet in it for 20 minutes or so. Cinnamon has powerful anti fungal properties that should get rid of your foot fungus. Flavored Water - Add one Cinnamon stick to a pot of water on medium heat and bring it to a slow boil, add a slice of orange and take it to work. Its a great refreshing drink. Try this Cinnamon lime recipe for a different twist. Mulled Wine - A stick of Cinnamon, especially Ceylon Cinnamon is an absolute must for making the perfect mulled wine. This tasty hot drink is an absolutely fantastic Christmas tradition. [Click here for our mulled wine recipe with video instructions.](#)

Chapter 6 : Cinnamon - Wikipedia

The Cinnamon Stick, Toledo: See 4 unbiased reviews of The Cinnamon Stick, rated 4 of 5 on TripAdvisor and ranked # of restaurants in Toledo.

Chapter 7 : Cinnamon Sticks Uses | Cinnamon Vogue

Cinnamon is a spice commonly used in cooking that comes from the bark of the cinnamon tree. When the bark is removed, it's called a cinnamon stick.

Chapter 8 : Cinnamon Stick for sale | eBay

The Cinnamon Stick provides quality food for takeaway and delivery.

Chapter 9 : How to Make Cinnamon Stick Tea | Cinnamon Vogue

DOWNLOAD PDF THE CINNAMON STICK

Your product will be shipped to its final destination to arrive in 2 business days or faster. If your order is placed before the 11 a.m. PST cutoff time, then it will ship that day and arrive 2 business days later.