

Cinnamon



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Cinnamon - the spice that tastes like a warm hug and reminds everyone of love and grandmas - really shines during the winter. It makes us feel good emotionally AND physically. Besides being warming and good for circulation, studies show that it can help with type 2 diabetes by increasing insulin sensitivity. Bioactive compounds in cinnamon act as antioxidants and help lower blood pressure, bad cholesterol, and fight parasites and pathogens! Sprinkle some on your food, especially if you plan to have a sweet treat, and soak in all of cinnamon's delicious benefits - from the inside out!!