



## Health Benefits of Cinnamon

By M Usman, Managing Director John Davidson

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Health Benefits of Cinnamon Table of Contents Preface SECTION I - Getting started Chapter # 1: Intro Chapter # 2: How is cinnamon commonly used? Chapter # 3: Types of cinnamon Chapter # 4: Making the most of cinnamon in daily life Chapter # 5: Maximum daily dosage SECTION II - Benefits of cinnamon to the brain Chapter # 1: Boosts brain activity Chapter # 2: Protects against Alzheimer s disease SECTION III - Benefits of cinnamon to the body Chapter # 1: Regulates blood sugar Chapter # 2: Aids in weight loss Chapter # 3: Helps fight cancer Chapter # 4: Combats infertility Chapter # 5: Reduces arthritic pain Chapter # 6: Has inherent anti-infectious properties Chapter # 7: Helps against acne SECTIONIV- Conclusion References Preface There is hardly anyone who does not consume spices regularly in one form or another. Spices find diverse uses ranging from natural flavor enhancement and brain stimulation to traditional herbal medicine. There was a time when the spice trade was considered the most profitable and lucrative business by merchants who sailed...



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