

Spices

## Description

To Jesus:

We can use this as an aide to your own research and share with your doct

**glance**

or.

We can use [drugs.com](#) or other trusted health websites to look up the latest information on prescription drugs & herbs for possible side & interaction effects.

Spices

Using a mix of 20 organic spices on vegetable dishes like cinnamon, oregano, mint, etc. that have many fantastic health benefits individually may multiply their benefits when used together, as well as being delicious. Cinnamon, ginger, mint & cocoa are often favored on desserts and cereal grain dishes and can often help moderate blood sugar rise & prevent type II diabetes, heart disease or cancer.

## Cinnamon

With as little as half a teaspoon daily, cinnamon (ceylon appears safer than cassia) appears to help neurological diseases like dementia, Parkinson's, Alzheimers with its anti-inflammatory, antidiabetic, anticancer, antiplaque, antifungal, antiparasitic, **antidiarrheal** & anticardiovascular disease properties of its cinnamaldehyde, cinnamic acid, cinnamate, procyanidins, eugenol, quercetin, kaempferol and catechin.

Rao PV, Gan SH. Cinnamon: a multifaceted medicinal plant. Evid Based Complement Alternat Med. 2014;2014:642942. doi: 10.1155/2014/642942. Epub 2014 Apr 10. PMID: 24817901; PMCID: PMC4003790.

### **Cinnamon Health Benefits Proven**

Analysis by [Dr. Joseph Mercola](#)

articles.mercola.com/sites/articles/archive/2024/06/12/cinnamon-health-

benefits.aspx?ui=2786f3a193080a6ac8e761767b46de0f800c80dc675

#### **Category**

1. Uncategorized

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