CINNAMON

A Warming Spice with Powerful Healing Benefits

Cinnamon is a spice derived from the inner bark of trees in the genus Cinnamomum. Two primary types are used: Cassia and Ceylon. Both offer benefits, but choice depends on use—Cassia contains higher levels of coumarin, which can be harmful in large doses, so Ceylon is often preferred for regular supplementation.

Mysteries of plants and flowers

CHARACTERISTICS AND SELECTION

CEYLON (TRUE CINNAMON)

- Often considered higher in antioxidants.
- Preferred for general medicinal use.

CHOOSE WISELY

CASSIA CINNAMON

- Frequently noted for stronger effects on blood sugar and diabetes management.

Choose Ceylon for routine supplementation to minimize coumarin exposure; consider Cassia when targeting blood-glucose control, with caution and medical supervision.

MEDICINAL USES AND DOSES

GENERAL USE

For Ceylon, a common dose is 1–2 grams with each meal. Add to smoothies, foods, tea, or take in capsules (a tightly packed 500 mg capsule; take 2–4 capsules per meal if following the 1–2 g guideline).

DIABETES & BLOOD SUGAR CONTROL

Cassia cinnamon has been shown to lower fasting blood glucose and improve insulin sensitivity. Daily intakes of 1–6 grams (about 2 teaspoons ≈ 6 g) produce effects that begin quickly and increase over time. Monitor blood sugar closely to avoid hypoglycemia.

LIPIDS

Daily doses in the 1–6 g range can reduce triglycerides and LDL cholesterol over weeks to months.

NEUROPROTECTION

Animal studies suggest cinnamon compounds (e.g., cinnamaldehyde, epicatechin) may protect neurons, normalize neurotransmitters, and inhibit tau protein buildup implicated in Alzheimer's disease; human evidence is not yet established. Combining cinnamon with other neuroprotective herbs like turmeric is a common dietary strategy.

ANTI-INFLAMMATORY & ANTIOXIDANT

Cinnamon contains antioxidants and anti-inflammatory constituents that combat free radicals and may reduce disease risk.

CARDIOVASCULAR SUPPORT

Through antioxidant and anti-inflammatory activity and favorable effects on blood pressure, triglycerides, and cholesterol, cinnamon may help lower heart disease risk.

ANTIMICROBIAL ACTIVITY

Cinnamon (especially cinnamon oil) inhibits certain bacteria such as *Salmonella* and *Listeria* on surfaces and shows antifungal activity in laboratory settings; evidence for treating internal infections is lacking.

HIV RESEARCH

Some studies indicate Cassia may assist immune responses against HIV-1 in laboratory settings; clinical relevance requires further research.

WARNINGS AND PRECAUTIONS

COUMARIN

Present in higher amounts in Cassia cinnamon; large intakes have been associated with liver damage in some cases and increased cancer risk in animal studies.

ALLERGIES

Some individuals react to cinnamaldehyde, commonly with mouth sores.

HYPOGLYCEMIA RISK

When used for blood-sugar control, cinnamon can lower glucose—monitor levels and adjust medications as needed under medical supervision.

DRUG INTERACTIONS & CONDITIONS

Consult a healthcare professional before starting regular cinnamon supplementation.

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RAW HONEY

Nature's medicine. Crafted by bees. Preserved for you.

Raw honey is produced by bees from concentrated flower nectar. Bees break nectar down into simple sugars using the enzyme invertase, then store the honey in honeycomb for long-term use. Raw honey retains pollen and traces of wax, and preserves many flower-derived compounds that can be diminished by cooking or dilution.

HISTORICAL USES

Honey has a long medicinal history, including wound dressings and cough relief.

FROM FLOWER TO HONEY

1. Bees collect nectar from flowers.
2. Enzymes (invertase) break nectar down into simple sugars.
3. Bees store the honey in honeycomb to ferment and ripen.
4. Water content is reduced, honey thickens.
5. Raw honey is harvested—pure, potent, and alive with nature.

MEDICINAL PROPERTIES AND USES

WOUND AND BURN CARE: Raw honey has antibacterial and anti-inflammatory properties that support wound healing. It can be applied directly to burns, infected wounds, diabetic foot ulcers, and skin conditions such as psoriasis and herpes, or spread on a bandage before dressing. For stubborn infections and ulcers, Manuka honey is often recommended for its particularly strong activity.

ANTIBACTERIAL, ANTIMICROBIAL, ANTI-INFLAMMATORY: Different honeys vary in potency, with Manuka notable for high activity; however, most unprocessed honeys exhibit these properties to some degree.

COUGH SUPPRESSANT: A spoonful of honey can soothe coughs or be used as the sweet base in herbal cough syrups.

ALLERGIES: Local raw honey may help reduce seasonal allergy symptoms for some people when used alongside other remedies.

CARDIOMETABOLIC EFFECTS: Replacing refined sugar with moderate amounts of honey may help lower blood pressure, triglycerides, and improve cholesterol ratios, likely due to honey's antioxidant content and its glucose–fructose composition, which gives it a lower glycemic index than sucrose.

TYPES OF RAW HONEY

Different honeys have unique flavors, colors, and strengths based on the flowers bees visit.

- **MANUKA** — Known for high antibacterial activity.
- **WILDFLOWER** — Nutrient-rich, great for daily use.
- **CLOVER** — Mild and sweet, soothes the throat.
- **BUCKWHEAT** — Rich, robust, high in minerals.

WARNINGS AND GUIDANCE

Do not give raw honey to infants under 1 year old because of the risk of botulism spores; older children and adults are generally resistant.

Honey is still a sugar and should be consumed in moderation; it affects blood glucose and supplies calories comparable to other sugars.

Choose high-quality, labeled raw honey. Many lower-quality products are blended with syrups or pasteurized; unless marked "raw," assume the product has been processed.

Enjoy 1–2 teaspoons daily for health benefits.

Use in teas, recipes, or straight from the spoon!

A GIFT FROM NATURE

Pure. Powerful. Preserved.

Raw honey is more than a sweetener—it's natural medicine from the hive. Use it wisely and benefit every day.

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