

# Is cinnamon good for your health?



Cinnamon is often used in sugar-loaded treats like cinnamon rolls and lattes. And though it's a popular spice for desserts, it's not necessarily an unhealthy choice. The spice has been used for thousands of years, and some recent studies suggest cinnamon may even have health benefits:

- A study in the journal *Diabetes Care* studied 60 people with type 2 diabetes. Some were given cinnamon capsules, and others were given a placebo (a fake pill that contained no cinnamon). Those who consumed the cinnamon for 40 days had lower levels of blood sugar, triglycerides, LDL (“bad”) cholesterol, and total cholesterol.
- A study in the *Journal of Nutrition* suggests that cinnamon and other spices may help reduce triglyceride levels after eating a fatty meal.

- The *Journal of Neuroimmune Pharmacology* published a study that suggests cinnamon may be able to protect the brain against changes that can cause Parkinson’s disease.

Want to spice up your health with cinnamon? Try adding it to your favorite foods or drinks in place of sugar. Its natural flavor can be a welcome addition to coffee, tea, oatmeal, fruit, and even chili.

High doses of cinnamon can be dangerous, though. Be sure to talk with your doctor before taking cinnamon or other natural supplement.