

Cinnamon supplement may help ease common cause of infertility

A small study found that women with polycystic ovary syndrome who took low-cost daily 1,500-milligram cinnamon supplements had about twice the menstrual cycles over a six-month period compared to women with PCOS who were given a placebo. Having regular menstrual cycles increases the likelihood of pregnancy. Researchers from Columbia University Medical Center in New York City did the study.

Polycystic ovary syndrome “is one of the most common causes why women don’t have regular menstrual cycles,” said study author Dr. Daniel Kort. “But the clinical consequences later in life are truly great—from an increased risk of diabetes and glucose intolerance to endometrial cancer. Many women can go their whole lives without regular menstrual cycles, and it doesn’t necessarily bother them until they want to have children.”

“There is a lot of interest in homeopathic or natural remedies for this condition,” said Kort, a postdoctoral fellow in reproductive endocrinology at the medical center. “This may be something we can do using a totally natural substance that can help a large group of patients.”

