Benefits of Cinnamon

Cinnamon is a common spice to have during the holidays, but did you know it also has a lot of health benefits? Cinnamon is not only loaded with vitamins and minerals, but it can be really good for serious illnesses.

**Cinnamon Has Lots of Nutrients**

Many people are surprised when they learn of all the nutrients from this simple spice. Cinnamon has no fat, protein or sugar, and a small number of calories. It is a good source of fiber, vitamin K, iron, manganese, and calcium. It also has some antioxidant abilities, which as you know helps to fight off certain illnesses and infections. Since the cold and flu are both common during the holiday season, it is good to add to your different snacks and treats during this time of year.

**It Can Help With Type 2 Diabetes**

There are a lot of medical conditions that cinnamon helps with, and among them is type 2 diabetes. It won’t help to prevent or even cure diabetes, but it can be good at helping to manage the disease. Cinnamon has a positive impact on blood pressure, so by reducing blood pressure, it helps to avoid any complications that are common with this type of diabetes. Cinnamon is also good at reducing insulin resistance, so someone with diabetes might have better blood sugar levels.

**Cinnamon is an Anti-Inflammatory**

Another important benefit of cinnamon is the fact that it contains excellent anti-inflammatory capabilities. Inflammation can affect many things going on in your body, from arthritis of your joints, to brain function, heart disease, and even cancer. There are flavonoid compounds in cinnamon, which is why they are good at fighting inflammation, particularly dangerous inflammation that leads to cardiovascular issues and serious diseases.

**Your Heart Health is Protected**

As mentioned already, cinnamon is really good for your cardiovascular health. At any age, it is important to protect your heart and related functions. Whether you are a high risk for heart problems or not, adding a little cinnamon to your diet never hurts. It has a lot of nutrients as well, so this is just an added bonus. Cinnamon can help lower your cholesterol and blood pressure, both of which are risks for heart disease. Sprinkle cinnamon on your coffee, have some cinnamon cake for breakfast, or add it to your smoothie and you will benefit from it.

In the fall and winter season, think of ways to add more cinnamon to your daily diet to get all these benefits and more.