



# Fall in Love with Cinnamon

- 1** Cinnamon is loaded with antioxidants so powerful cinnamon can be used as a natural food preservative.
- 2** Cinnamon's anti-inflammatory properties lower your risk of disease, helps fight infection, and promotes tissue repair.
- 3** Cinnamon reduces “bad” LDL cholesterol and triglycerides while increasing or keeping “good” HDL cholesterol stable.
- 4** Recent studies have shown cinnamon to have major benefits in preventing or managing diabetes, Alzheimer's disease, and Parkinson's disease.
- 5** Cinnamaldehyde has antifungal & antibacterial properties, which may reduce infections, fight tooth decay, and prevent bad breath.



**Pro Tip:** If you're a coffee drinker like me, sprinkle a little cinnamon on the coffee grounds before brewing. As a caregiver, coffee is my lifeblood and the added benefit of a little cinnamon in my joe makes me smile.



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