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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What's So Special About Cinnamon?

By Laura Bankston

What's So Special About Cinnamon?

by: **Laura Bankston**

I don't know about you, but just the smell of cinnamon makes me feel warm and fuzzy all over.

My favorite cookies to make is Snickerdoodles because I just LOVE the smell of them baking. There's just something warm and delicious about it.

The sense of smell is powerful – and when my kids smell Cinnamon, they are going to feel warm and fuzzy all over because of the fun we've had in the kitchen.

But, you might be surprised to know that the history of Cinnamon goes waaaay back – it was one of the first trade spices.

In fact, cinnamon is mentioned in the Bible – it was used in the combination of ingredients used to make a holy anointing oil for the tabernacle:

Moreover the Lord spake unto Moses saying,

Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels,

And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin:

And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil.

Exodus 30:22–25 NKJV

What's So Special About Cinnamon?

The ointment or oil was used to anoint the tabernacle of the congregation, the ark of the testimony, the table and all the vessels, the candlestick, the altar of incense, the altar of burnt-offering, etc.

I find two things interesting about this passage:

That cinnamon was an ingredient in this holy anointing oil

That is is called "an ointment compound after the art of the apothecary.

Does cinnamon have health benefits as well?

There are cinnamon pills for diabetes, cinnamon bark used medicinally by the Chinese for calming stomach acids, cinnamon bark being used in India for childbirth labor, and cinnamon increasing blood circulation and creating a warm feeling.

Well, didn't I start out by saying just the smell of cinnamon makes me feel warm and fuzzy all over?

Laura Bankston is author of Internationally selling *Cooking with Kids Curriculum: "Homeschool Cooking in a Box"* and the *"Homeschool Cookbook"*. She currently home schools her three children, maintains home school support websites, and manages their family-owned service business. For information on her curriculum that includes lots of recipes with cinnamon, visit

How a Simple (?) spice may save your live.

By Jason Reischutz

How a Simple (?) spice may save your live. by Jason Reischutz

Yesterday I mentioned that I think Cinnamon is the most powerful spice. Recently the US government was studying how different foods affect your blood sugar. They had a very unusual result; they found that apple pie actually lowers your bloods sugar. Since it is almost all sugar they were surprised. So they studied the ingredients and found that the cinnamon was lowering people's blood sugar. Further research showed that cinnamon stimulates insulin production and mimics and enhances the action of insulin. This is huge if you have diabetes or hypoglycemia. You may be suffering from one of these conditions and not even know it. As many as 80 million Americans are undiagnosed hypoglycemics. Some symptoms to look out for are: Frequent thirst and urination, dry skin, mood swings and cravings for sweets. These conditions occur when we are not able to control our blood sugar. Our insulin is supposed to do this but does not in many people.

Unbelievably, cinnamon may be the cure. Even insulin dependant diabetics have controlled their diabetes with cinnamon. If you have any of the above symptoms, eat some (½ a teaspoon) cinnamon every morning (and see your doctor). You can put it on you cereal, toast, or in your coffee (coffee is bad for you) or tea. A great way to include cinnamon in your diet is my Super Healthy Oatmeal Recipe(Issue #1). It is in the first issue of this newsletter available from the main site. Even if you do not have diabetes or hypoglycemia adding cinnamon to your diet will help you control your appetite.

What's So Special About Cinnamon?

Your homework is to eat some cinnamon every morning. Try it for a week and see if you pee less and are less thirsty.

An interesting Biblical side note about the history of cinnamon, It was the second ingredient of the anointing oil that was used by the Israelites to season all the priests food.(Exodus 22)I'll tell you what the other ones are tomorrow in the newsletter.

Jason Reischutz is the publisher of "Recipe for Health Newsletter." Sign up for my newsletter,free;
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