

Ceylon Cinnamon is also called true Cinnamon or sweet Cinnamon and especially suited for baking because of its sweet taste. By using our Ceylon Cinnamon powder you could reduce the use of sugar in all your recipes.

## Important Differences

Ceylon cinnamon has a sweeter, more delicate flavor than cassia does, which may make it preferable for flavoring desserts and lighter dishes. But the more important distinction may be the presence of a chemical called coumarin, a natural plant chemical that acts as a blood thinner. This chemical is present in much higher concentrations in cassia than in Ceylon cinnamon. It is contraindicated for anyone taking prescription blood thinners. Coumarin has also been shown to be toxic to the liver and kidneys, and it may also be carcinogenic, which can negate any health benefits of cinnamon.

## Other Benefits of Ceylon Cinnamon

In addition to its potential beneficial effect on glucose metabolism and body weight, Ceylon cinnamon also contains antioxidant compounds called proanthocyanadins. These are similar to the antioxidant compounds found in green tea and grapes. Coumarin-free Ceylon cinnamon may also be beneficial to the liver, according to studies reviewed by "BMC Complementary and Alternative Medicine" in 2013, with no adverse effects to other organ systems. Other benefits may be antimicrobial and anti-parasitic activity, digestive health and blood pressure reduction.

## Opt for Ceylon over Cassia

It is probably OK to use smalls amount of cassia occasionally. But if you are a daily user, it pays to seek out Ceylon, or "true" cinnamon. Even if you do choose the Ceylon variety, more is not necessarily better. Use it in moderation for culinary and medicinal purposes, and monitor any health conditions with your physician. Some bottles of powdered cinnamon may not specify which type it is. Usually Ceylon will be labeled. If you have unlabeled, whole cinnamon sticks -- which are actually the plant bark -- the rolled bark of Ceylon cinnamon will be thinner and multilayered compared to the thicker bark of cassia.

## Uses of Cinnamon Powder

### **LONGEVITY:**

Cinnamon is ranked among the top sources of Antioxidants. The free radical theory of ageing, states that organisms age because cells accumulate free radical damage over time. Antioxidants have been shown to prevent damage to cells caused by harmful free radicals.

### **REDUCES CHOLESTEROL:**

Recent studies demonstrate that the intake of between 1 gram and 6 grams of Cinnamon per day reduces serum glucose, triglyceride, LDL cholesterol, and total cholesterol.

Results after 40 days

Recent studies demonstrate that Ceylon Cinnamon reduced the mean fasting serum glucose ( 18 to 29% )

reduced triglyceride ( 23 to 30% )

reduced LDL cholesterol ( 7 to 27% )

reduced total cholesterol levels ( 12 to 26% )

**WEIGHT LOSS:** Ceylon Cinnamon has been linked to weight loss because the spice stimulates, or increases, the metabolism of glucose. Glucose, or blood sugar, is a main source of energy and affects how hungry or energetic you feel.

A benefit of cinnamon is its ability to delay food from progressing through the digestive system. Food is delayed in the stomach and, as a result, leaves you feeling full for a longer period of time. This results in a reduction of hunger and causes you to eat less.

The Cinnamon Powder will keep fresh for up to 2 years in the air tight jar.