

Herbs for Life



CINNAMON

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CINNAMON

a common herb

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Why did nature create spices?

To please you and me? Or there has been a hidden scheme—so hidden that it has to start to unveil its twisted purpose for days..., DAYS? What's your problem? wake up you nee-nee you ain't gonna never to be part of the grand affair with mother **n**ature and the cooks of the world. No siree nothing to do with the cooks at large.

Pssssshhhh..., Wanna know the secret? Hang on to your panties the ride gonna get rough, aaaaagh!

The earliest written records of spices come from ancient Egyptian, Chinese, and Indian cultures. Early Egyptians Papyrus that dates from 1550 B.C. describes some eight hundred different medicinal remedies and numerous medicinal procedures. More than 1500 years BC, the Egyptian port city of Alexandria became the main trading center for spices. spices have been around for hundreds of years—unfortunately often misused.



Today Stella chef to the Stars
introduce you to a very common spice:

Cinnamon



READ THIS BEFORE! CONSUMING CINNAMON

NOT ALL CINNAMON ARE CREATED EQUAL

There are two main types of cinnamon

Verum Sri Lanka cinnamon, (formerly **Ceylon**) or *Cinnamomum Zeylanicum*) Also known as “true” cinnamon.

Cassia cinnamon, which is found in China, Vietnam, Indonesia. And it’s what people generally refer to as “Cinnamon” Cassia the most common commercial type.

WHAT IS CINNAMON ?

Cinnamon is a spice that is harvested from a variety of evergreen trees scientifically known as **Cinnamomum** Verum, *C. Zeylanicum* cinnamon, commonly referred as “true cinnamon” that is native to Sri Lanka (formerly known as Ceylon). The tree has thick, reddish-brown bark, small yellow flowers, and its leathery leaves have a subtle spicy smell, with a slightly sweet taste. It has been used as an ingredient throughout history, dating back as far as Ancient Egypt. It used to be rare and valuable and was regarded as a gift fit for kings.



On the other hand Cinnamon Cassia; hails from China, Vietnam, and Indonesia. And it is what most People generally refer to as “Cinnamon” Cassia the most use in commercial type. Cassia tends to be a dark brown-red color with a hard hollow tube, thicker sticks and rougher texture than Ceylon. Roughly 95% of its oil is “cinnamaldehyde”, which give Cassia a very strong, pungent, spicy flavor. Both cinnamon’s bark belongs to the Lauraceae family same as Laurel & avocado. Today, cassia cinnamon is cheap, and available in every supermarket and found as an ingredient in various foods and recipes.



Cultivating and Harvesting Ceylon Cinnamon

When the cinnamon tree is two years old, the harvest is made by cutting the stems of the *Cinnamomum* tree. The inner bark is then peeled off the woody parts removed from it. When it dries, it forms strips that curl into rolls, called “quills” or cinnamon sticks. These quills are then further dried in an oven or are laid out to air-dry by baking them outside under the sun. The distinct smell and flavor of cinnamon are due to the oily part, which is very high in the compound called “cinnamaldehyde”.

WHICH CINNAMON IS BEST?

There are several distinctions between Cassia and Ceylon cinnamon. The Ceylon cinnamon is commonly known and referred to “true” cinnamon a highly valued culinary and medicinal spice is usually sold only in stick form, tan brown color, the sticks are made up of thin paper like textured bark that forms multiple layers when rolled up, cigar-like in appearance and soft enough to crumble into a spice grinder or into a mortar.



Ceylon or “true” cinnamon contains a small, negligible amount of coumarin, a naturally occurring blood-thinning substance. Recommended for regular use, for example for correcting blood sugar level. Delicate, sweet with

subtle notes of clove. Creates an excellent flavor profile for pastries, cakes, and desserts. Ceylon is the only “true” cinnamon, scientifically and historically speaking.

NUTRITIONAL BENEFITS OF CEYLON CINNAMON

It is a true superfood and a powerful spice that has been used for its medicinal properties for thousands of years. It was already well-known in Ancient Egypt and has even been mentioned in the Bible. Today it's one of the 26 most popular herbs and medicinal spices and is used not only for its delicious unique flavor but also for its remedying properties.

Sri Lanka/Ceylon cinnamon contains therapeutic essential oils such as “aldehyde,” which is responsible for the familiar aroma of cinnamon, and eugenol, a fragrance oil with anesthetic and antiseptic properties. Ceylon cinnamon also provides other important nutrients, including fiber, vitamin A, vitamin C, niacin, thiamine, and pantothenic acid. It also contains a variety of minerals, including calcium, zinc, iron, potassium, magnesium, and iodine. Just looking at its nutritional profile, you can see that Ceylon cinnamon has powerful nutritional benefits. Just 1 tablespoon of Ceylon cinnamon includes:



- 4 grams of fiber
- 68% manganese
- 8% calcium
- 4% iron
- 3% vitamin K

It only has 19 calories and 0 grams of fat, sugar, and protein, making it suitable for any diet no matter what macro ratios you prefer. You don't even have to have a full tablespoon to experience full benefits. As little as half a teaspoon, a day can bring positive changes to your blood sugar levels, digestion, immunity, heart health, and overall well-

being. In addition to its essential oils, cinnamon is also an excellent source of fiber, and the minerals manganese and calcium.

In the United States and many parts of the world, what the majority of us have been buying from the supermarket, groceries and consuming is actually not the real cinnamon but Cassia cinnamon, which comes from a different plant called Cinnamon Cassia (or *Cinnamomum Aromaticum*), also commonly

known as Chinese cinnamon that is mostly cultivated in China, Vietnam, and Indonesia.

While the two species of cinnamon share certain characteristics such as an “antimicrobial” food, cinnamon has been studied for its ability to help stop the growth of bacteria such as fungi, including the yeast *Candida*-associated with GI distress and resistance to weight loss. Seasoning a high carb food with the “true cinnamon” can help lessen its impact on your blood sugar levels, since cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

Perhaps the most important reason for using Sri Lanka/Ceylon cinnamon is that its cassia cinnamon counterpart is a known source of coumarin, a natural but toxic substance that linked to a lot of health problems if consumed in large quantities.

The coumarin level in Sri Lanka/Ceylon cinnamon is very small, while in Cassia cinnamon is an appalling 1200 times higher. The ingestion of a large amount of coumarin consumption over a prolonged period of time can cause serious health damages and a negative impact on the liver and kidney.





The difference, taste, and Coumarin levels, from a medical standpoint, Coumarin is not an anticoagulant on its own. It is synthetically altered to become a blood thinner. Cassia cinnamon should be taken on small quantities, and should not consume more than 0.5 to 2 grams, this equates to 1 teaspoon of cassia powder daily for no more than 6 weeks PERIOD. And yet millions of people use cassia cinnamon.

The German FDA has warned against consuming the excessive intake of Cassia bark due to its coumarin content.

Health Benefits of Ceylon Cinnamon:

Cinnamon is used in Chinese herbalism and Ayurvedic therapies because of its Antioxidant, Anti-bacterial, and Anti-viral properties. One of the health benefits of cinnamon is the support of a healthy cardiovascular system and healthy glucose metabolism. Ceylon Cinnamon also helps with digestive problems. The stimulating aroma of cinnamon can also produce a natural mental boost.



Cinnamon has an upward moving dynamic that helps to relieve tensions and diffuses blocked energy in the upper body, particularly the shoulder and the neck region. It is also known to be helpful for improving skin quality and clearing the face of blemishes. Drinking Ceylon cinnamon tea and adding to it honey, is excellent for the elderly when experiencing cold or dampness.

It is especially known to warm the extremities and provide analgesic action that can be helpful for relieving arthritis in the joint. Cinnamon can lower blood sugar following meals, possibly by slowing stomach emptying and blocking digestive enzymes.

Some research indicates in a review published in the Journal of Diabetes and Science and Technology, that certain components of cinnamon have been shown to have beneficial effects on essentially all of the factors associated with metabolic syndrome, including insulin sensitivity, glucose, lipids, antioxidants, inflammation, blood pressure, and body weight.

Is also suggested that the CZ (Zeylanicum) in Ceylon cinnamon has an antimicrobial, anti-parasite, anti-oxidant and free radical scavenging properties. In addition (Zeylanicum) seems to lower blood glucose, serum cholesterol, and blood pressure, suggesting beneficial cardiovascular effects.

Finally, the odor of cinnamon has been observed to improve participants scores on tasks related to attentional process, memory and visual-motor speed. Studies suggest that CZ cinnamon extract may decrease the ability of two proteins-beta-amyloid and tau—to form plaques and tangles, which are routinely linked to the development of Alzheimer's disease. Scientists believe that cinnamon's compounds are responsible for most of cinnamon's powerful effects on health



EXPIRATION & STORAGE TIPS:

Like any other spices, cinnamon loses its strength in fragrance and color over time. Always buy only the sticks and store them in airtight bottles in a cool place, away from any moisture, sunlight or heat. Racks above the stove or near a window are poor storage choices. Refrigerating spices without any tight sealing is not recommended due to the high humidity level in fridges.

For large quantities of spices, you may want them in airtight containers in the freezer compartment. The shelf life of properly stored cinnamon is about 4-5 years for whole cinnamon and 1-2 month for ground cinnamon. I suggest to use only the Sri Lanka/ Ceylon “true” cinnamon and ground it yourself once a week to keep it always fresh.

HOW TO IDENTIFY A “TRUE” CINNAMON?



They are two ways to determine whether you are buying the right one. Here is a picture of the two types, I placed them side by side. The one on the left with multi-layers and looks like “**cigar**”, that’s the “true” Ceylon cinnamon you want to buy. The one on the right, is the “cassia” cinnamon, the most popular sold and used in the **US**.

BOTTOM LINE:

At the end of the day, Ceylon **cinnamon** is one of the most delicious and healthiest spices on the planet. The antioxidants in cinnamon have anti-inflammatory effects, which may help lower the risk of disease. It can lower blood sugar levels, reduce heart disease risk factors and has a plethora of other impressive health benefits. Just make sure to get only the Ceylon “true” cinnamon and buy only the sticks and ground it yourself. If you are using cassia variety, use it in small doses and only for a period of time.



PRECAUTIONS:

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

All information contained in this e-Book exist for educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.



Cacia



Ceylon

A Couple of Goodies with Cinnamon

Irish coffee w/Ceylon cinnamon



INGREDIENTS:

2 2/3 oz hot coffee,
1 1/3 Irish whiskey
1 tsp honey
1 oz fresh cream
2 tsp Shri Lanka / Ceylon Cinnamon

Steps

Heat the coffee, whiskey, honey; be careful don't let it boil.

Pour into glass top with cream and sprinkle with the Shri Lanka cinnamon... Enjoy!

To reduce belly swelling;

Blend together 1 medium chopped banana, 1 cup leafy greens, 1 tbsp almond butter, 3/4 cup coconut water, 1 tbsp lemon juice and 1 tsp of Ceylon Cinnamon

Cinnamon Tea:

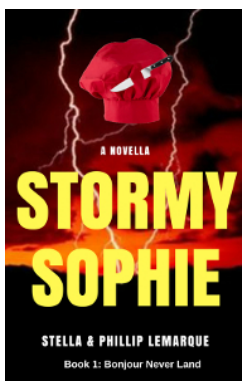


1/ Dissolve 1 tsp of Ceylon cinnamon in a cup of boiling water.

2/ Stir and cover for 20 to 30 minutes.

3/ Allow the drink to cool before adding honey. (Hot water destroys the living enzymes in the honey).

Enjoy!



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