

Spice Up Your Health

Or as Chris would say.....”The Spice Is Right With Jen, Or “Spice It Up With Jen” (Neither are agreeable with me)....

Well, I think it is suffice to say we established that this newsletter is about spices and how they can affect your health. I am going to specifically mention 5 spices that can have health benefits when added to your diet. I will select one spice a week to talk about over the next five weeks. It must be noted that the amount of spice in a supplemental capsule is far more than what we would use in cooking but cooking with, or adding these spices to our diet have been shown to have health benefits as well, and less costly. These spices are cinnamon, turmeric, ginger, garlic, and cayenne.

Cinnamon, used a lot in baking, has been shown to lower blood sugar, blood pressure and triglyceride levels. Besides the average recipe requiring cinnamon I use it a lot as a sweetener. I add it to coffee grounds to remove some of the bitterness, on top of oatmeal, and in my frozen smoothies. Anywhere you want a little sweetener with health benefits.

Cinnamon is also a powerful antioxidant. “ These substances shield the body from free radicals that cause oxidative stress, which occurs when the body cannot detoxify all the damaging free radicals building up. Antioxidants can help prevent the negative impact excess free radicals can have on the immune system.” Cinnamon may also help fight some bacterial infections and provide a boost to your immune system. ([Article](#)).

There have also been links to cinnamon with treating diabetes, skin irritations and oral care. Its anti-inflammatory properties provide the body with a number of positive health benefits. But, one of the main reasons I like to use it, as mentioned previously, is because it is an excellent way to sweeten foods while cutting back on sugar; reducing calories. The fact that it also contains all the above health benefits is just a plus. So sprinkle A LITTLE cinnamon and reap its benefits! **MAKE SURE IT IS CEYLON VERSUS CASSIA (SEE SIDEBAR).**



WHAT IS SAFE: Cinnamon is generally safe to use in small amounts as a spice according Healthline.com. However, eating too much may cause potentially dangerous side effects. This mostly applies to Cassia cinnamon because it's a rich source of coumarin.

Conversely, Ceylon cinnamon contains only trace amounts of coumarin. The tolerable daily intake for coumarin is 0.05 mg per pound (0.1 mg per kg) of body weight. This is how much coumarin you can eat in a day without the risk of side effects. This equates up to 8 mg of coumarin per day for an adult weighing 178 pounds (81 kilograms). For reference, the amount of coumarin in **ONE teaspoon** (2.5 grams) of ground Cassia cinnamon ranges from 7 to 18 mg. Keep in mind that children may tolerate even less. Although Ceylon cinnamon contains only trace amounts of coumarin, excessive intake should be avoided. Cinnamon contains numerous other plant compounds that may have adverse effects when consumed in high amounts. Use all cinnamon sparingly as a spice.