



## Health Benefits of Cinnamon (Paperback)

By M Usman, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health Benefits of Cinnamon Table of Contents Preface SECTION I - Getting started Chapter # 1: Intro Chapter # 2: How is cinnamon commonly used? Chapter # 3: Types of cinnamon Chapter # 4: Making the most of cinnamon in daily life Chapter # 5: Maximum daily dosage SECTION II - Benefits of cinnamon to the brain Chapter # 1: Boosts brain activity Chapter # 2: Protects against Alzheimer s disease SECTION III - Benefits of cinnamon to the body Chapter # 1: Regulates blood sugar Chapter # 2: Aids in weight loss Chapter # 3: Helps fight cancer Chapter # 4: Combats infertility Chapter # 5: Reduces arthritic pain Chapter # 6: Has inherent anti-infectious properties Chapter # 7: Helps against acne SECTIONIV- Conclusion References Preface There is hardly anyone who does not consume spices regularly in one form or another. Spices find diverse uses ranging from natural flavor enhancement and brain stimulation to traditional herbal medicine. There was a time when the spice trade was considered the most profitable and lucrative business by merchants who sailed...



**READ ONLINE**  
[ 5.61 MB ]

### Reviews

*This pdf may be worth purchasing. This is for anyone who statte there was not a really worth reading. I found out this pdf from my i and dad encouraged this pdf to understand.*

-- **Mrs. Annamae Raynor**

*If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Claud Bernhard**