

How Can Cinnamon Help With Weight Loss

Jan Johansen December 12, 2013



Cinnamon Weight Loss

Cinnamon and weight loss in the same sentence? Their relationship is uncanny. Recent studies show that by simply adding a touch of cinnamon can dramatically help the weight loss process.

(Newswire.net -- December 12, 2013) Portland, OR -- Overweight people are realizing that it is difficult to achieve steady, long-term results using fad diets, super duper pills and exhausting workout routines. Natural alternatives are a much better option and don't have nearly as much a negative impact on the body and your motivation.

How Does Cinnamon Affect the Body?

Cinnamon is one of those all around good for spices by helping to lower the blood sugar and bad cholesterol levels. So when you feel less hungry you tend to eat less. The benefits are available with surprising little cinnamon, as little as just soaking a stick of cinnamon into a cup of hot tea.

This revelation is very helpful for people suffering from [Type 2 diabetes](#). Those people still produce insulin, but they lost sensitivity to it. By taking cinnamon capsules, they can avoid some of the most frequent diabetes complications such as eye, kidney or nerve damage.

Since cinnamon prevents fat from accumulating in the cells, it actively fights cellulite, the nightmare of almost every woman out there.

Cinnamon also prevents diarrhea and bloating, and serves as a great support in treating bacterial infections.

Cinnamon, Weight Loss and You!

Because cinnamon replicates the biological activity of insulin in the body by increasing the glucose metabolism and preventing fat storage resulting in a healthy weight loss, especially in the abdominal region.

Simple Step to Add Cinnamon

Because apple and cinnamon go very well together, you could spoil yourself from time to time with a tasty apple pie with plenty of ground cinnamon.

Even simpler is to add cinnamon and honey into your morning tea. Simply use ground cinnamon, mix it with honey and add boiling water over the mixture. If you prefer coffee, add ground cinnamon in with the coffee grounds in your coffee maker.

If those don't sound appetizing, you can simply take cinnamon capsules. You can find them in shops. Use only organic stuff, because that's the best in terms of efficiency and safety.

Are There Any Side Effects of Cinnamon?

Generally speaking, cinnamon is good for you, but if you have any doubts, or if you suffer from some medical conditions, you may want to seek the advice of your personal doctor before using it for weight loss.

Cinnamon is a safe spice, you don't have to worry about any side effects - except during pregnancy or nursing. During pregnancy you shouldn't be losing weight anyway. If nursing, watch the baby's reactions to your milk. If he doesn't like the cinnamon taste, he may refuse your breast, so you'll have to stop eating cinnamon until weaning the little one.

About A Better You.

A Better You Spa is Portland's leading holistic and integrative wellness center. The center is dedicated to helping their clients look and feel their best, offering a wide array of unique services to improve your health and well-being, from the innovative Madame et Monsieur Electro-Slim™ weight loss systems to purifying spa treatments.

A Better You

11118 NE Halsey St

Portland, OR 97220

5039543218

carolyn@betteryouspa.com

<http://www.betteryouspa.com>