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- Herbs in My Kitchen: reference guide for everyday cooking.

- Joints Pain Relief

CINNAMON HAS POWERFUL MEDICINAL PROPERTIES:

The biggest advantage of Ceylon Cinnamon, or “true” cinnamon, is its ultra-low Coumarin levels. Studies show that Ceylon cinnamon is much lower in coumarin than the other Cinnamon varieties. Coumarin in high doses may not be good for the liver. People who take Cinnamon on a daily basis for health reasons or as a supplement, Ceylon Cinnamon is the preferred choice.

1. Cinnamon is loaded with antioxidants
2. Cinnamon has anti-inflammatory properties. One of the ingredients of Joints Pain Relief (p.3) is cinnamon.
3. Cinnamon can improve sensitivity to the hormone insulin
4. Cinnamon lowers blood sugar levels and has a powerful anti-diabetic effect
5. Cinnamaldehyde, one of the main active components of cinnamon helps fight bacterial and fungal infections. Cinnamon oil has been shown to effectively treat respiratory tract infections caused by fungi.

My favorite source of Ceylon cinnamon is Starwest botanical:
[Cinnamon - Starwest Botanicals \(starwest-botanicals.com\)](http://starwest-botanicals.com)



HAPPY HALLOWEEN!!!

Halloween is all about candy and fun for the kids. After long walk with children or for the Halloween party with friends I suggest warm wine with spices (see next page for the recipe). This is very European drink, especially popular on the ski slopes and in the countries with long winter season. Have Fun!!!



Spice of the Month: Cinnamon

WARM WINE-FOR HALLOWEEN PARTY AND LONG FALL AND WINTER EVENINGS:

Ingredients:

a bottle of sweet, semi-sweet or dry red wine (you can use white wine or beer - most traditional is red wine)
1 orange – thin sliced
2 or 3 sticks of **cinnamon**
½ tea spoon cinnamon powder
½ tea spoon nutmeg
6 cloves
6 slices of ginger
6-star anise
honey – if you use dry wine, the drink might need to be sweeten a bit (it is up your personal preference)

The amount of all ingredients can be adjusted based on your personal taste preferences.

Directions:

Warm up wine up to 120 F. When wine gets this temperature, add all ingredients. Keep it on the heat for few more minutes until all ingredients blend in. Make sure do not overheat. Temperature of the drink must have no more than 120F.

Pour into pitcher and serve hot. Serve with cheeses with hot cranberry sauce.



CINNAMON

Origin

The aromatic cinnamon tree is native to Sri Lanka, formerly known as Ceylon, and the southeastern coast of India. Cinnamon tree is cultivated in tropical and subtropical regions for its aromatic bark and leaves. Cinnamon has been popular since ancient times. This evergreen tree grows to a hundred feet, producing red leaves that turn dark green as they mature. Cinnamon was used as a meat preservative due to its antibacterial and antifungal qualities, and could mask the stench of aged meats much better than salt. Cinnamon was once more valuable than gold and was the most profitable spice in the Dutch East India Company trade.

<https://herbsinmykitchenbook.com/recipes/>



Usage

Parts used: the bark, or quills, in whole, cut, or powdered form. Cinnamon quills have a long, almost indefinite shelf life, while cinnamon powder will lose its flavor over time.

Middle Eastern and Asian Cuisines: Curries, stews, and as a marinade for beef, chicken, and lamb.

United States: Cinnamon is mostly used for baking, in cakes, cookies, and apple pies, as well as being sprinkled over various desserts, cereal, and coffee. A stick of cinnamon can be added to hot tea, chocolate, and other soft drinks and alcoholic beverages.

*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,*

is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

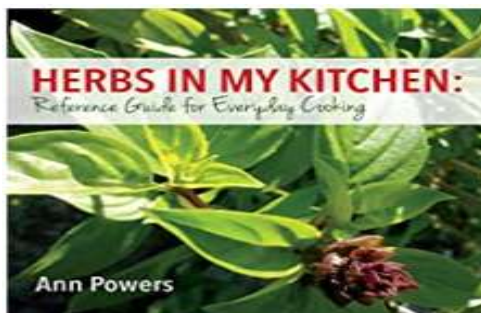
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"Herbs in My Kitchen" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

How and when to use herbs and spices? You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

