

# Want To Lose Belly Fat? Eat this wonderful spice daily

Cinnamon can reduce belly fat!

Cinnamon is one of the oldest spices known to man. In fact it was considered more precious than gold. The early Egyptians used it for flavoring foods and for medicinal purposes and it's even mentioned in the bible.

Today most people only think of cinnamon as a spice for apple pie or sweet potatoes and gingerbread cookies. But cinnamon is in fact so much more!

Quite by accident the Maryland USDA Research Center discovered the wonders of cinnamon. They were conducting a study on how certain foods affected glucose (blood sugar) levels in the body. When it came to apple pie (with cinnamon) they expected it to have an adverse effect on the body. To their utter surprise, it lowered glucose levels in the blood. This merited further study.

In December of 2003, the Dept. of Human Nutrition in Peshawar, Pakistan, a study was underway to determine how cinnamon affected glucose levels, triglyceride and good and bad cholesterol on 60 patients with type 2 diabetes.

The first group was given between ¼ to ½ tsp of cinnamon per day and the second placebo. After 40 days the cinnamon group had a reduction in glucose levels between 18 and 29%. Triglycerides reduced by 23 to 30% and LDL cholesterol 7 to 27% and overall cholesterol 12 to 26%. In fact this group continued to register lower levels even after 20 days of not taking the cinnamon! The placebo group had no real changes. This is good news for diabetics and people with heart disease.

Just half a teaspoon of cinnamon a day also reduces blood sugar levels in diabetics, a new study has found. The effect, which can be produced even by soaking a cinnamon stick your tea, could also benefit millions of non-diabetics who have blood sugar problem but are unaware of it.

The discovery was initially made by accident, by Richard Anderson at the US Department of Agriculture's Human Nutrition Research Center in Beltsville, Maryland.

"We were looking at the effects of common foods on blood sugar," he told New Scientist. One was the American favourite, apple pie, which is usually spiced with cinnamon. "We expected it to be bad. But it helped," he says.

Sugars and starches in food are broken down into glucose, which then circulates in the blood. The hormone insulin makes cells take in the glucose, to be used for energy or made into fat.

But people with Type 1 diabetes do not produce enough insulin. Those with Type 2 diabetes produce it, but have lost sensitivity to it. Even apparently healthy people, especially if they are overweight, sedentary or over 25, lose sensitivity to insulin. Having too much glucose in the blood can cause serious long-term damage to eyes, kidneys, nerves and other organs.

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