

10 UNEXPECTED SIDES OF CINNAMON TEA

When you have tasted real cinnamon tea, you will never buy cinnamon tea from the supermarket again. Real cinnamon tea is not only more tasty, it offers medicinal qualities. Using food as medicine doesn't have to be complicated. Working with cinnamon tea shows that it can be very simple to use the medicinal effects of food types. In this case you have to be able to do one thing only: to make tea.



There are two types of cinnamon!

One species has the name *Cinnamomum zeylanicum* and the other is called *Cinnamomum cassia*. On the internet it is often said that there is a healthy and unhealthy type. There are all kinds of conspiracy theories where it is supposed that manufacturers obviously sell the "wrong" type of cinnamon. However, both cinnamon varieties offer anti-inflammatory effects and can be used interchangeably. It is advisable not to buy cinnamon powder but cinnamon sticks. The powder loses its medicinal value faster than the sticks.

The way to make tasty cinnamon tea

The taste of cinnamon tea comes is at his best when you make a tea from cinnamon sticks. A stone pounder is a good tool to break cinnamon sticks, when they are still dry. Put broken cinnamon sticks of about 0.2 cm-1 cm long in a teapot with boiling water and let it be for 24 hours. If the sticks are kept in water for long, the flavors are absorbed by the water better. the water-cinnamon substance becomes a light emulsion. The cinnamon tea tastes sweet and strong. You may add hot water to enjoy a cup of cinnamon tea directly.

Cinnamon tea for muesli

Cinnamon tea is not only suitable for drinking. This cinnamon tea is a great tool for sweetening breakfasts such as muesli and oatmeal. It is a sugar substitute. Of course, you don't have to stick to one sweetener alone. You can use it as an extra sweetener, for example in combination with stevia leaves or bananas.

Cinnamon tea for sweetening baking products

You can make dough for cakes, cookies and cakes by using cinnamon tea instead of water. You always need water to make dough. In this way, you give the dough a natural sweetness that matches biscuits and cakes. It is an excellent sugar alternative. You can use it in baking products with other sweeteners such as cooked parsnip, khaki fruit, grated coconut, liquorice powder tea and star anise tea. Alternative whole sugars such as palm sugar, coconut blossom sugar, molasses, panela, and honey, are also an option.

Cinnamon against arthritis

There are two types of cinnamon. Both types have an anti-inflammatory effect. The *Cinnamomum cassia* is good against inflammatory diseases like diabetes and arthritis.

<https://www.ncbi.nlm.nih.gov/pubmed/28347828>

<https://www.tandfonline.com/doi/full/10.1080/07315724.2018.1460733?scroll=top&needAccess=true>

This cinnamon tea is good against arthritis. Drink 1-3 cups of cinnamon tea daily, for 4-6 weeks. Then, you structurally take more anti-inflammatory substances so that the immune system improves its function.

Cinnamon tea with coffee

Cinnamon tea is a good way to sweeten coffee. The soft cinnamon tones remove the sharp edges of black coffee flavor. In this way, coffee tastes more round, and it also has medicinal qualities. There has been scientific research into the interaction between the phytonutrients of coffee and cinnamon, when they come together in the human body. It turns out that such a change in a consumption pattern triggers all kinds of biological processes that have an anti-inflammatory effect.



Cinnamon tea as part of chai

Instead of just cinnamon, you can make a mixture with liquorice, cinnamon, star anise. This is how you make your own chai herbal tea. Cinnamon is a traditional tea herb because it tastes soft and sweet. The taste is important, because then we enjoy a product, but it is not the only reason to consume something. There are always medicinal reasons that play a role in the background. In this case, you can also see cinnamon as a general anti-inflammatory agent. It promotes the functioning of the entire immune system. According to [scientists](#), it helps to prevent diseases like diabetes type2 and Alzheimer's.

Cinnamon tea is much more healthy than any industrial soft drink. These types of drinks are also a lot healthier than juice from a supermarket, fruit nectar or yoghurt drinks. Herbal drinks and herbal teas can be made from hundreds of herbs and spices. It is up to your creativity. You can make it as good as you want.

Cinnamon tea as a basis for chocolate sauce

Strong cinnamon tea may be mixed with cocoa for a sweet cinnamon chocolate sauce over homemade ice-cream. A sauce can be very simple. Mixing cinnamon tea with cocoa powder is creating a chocolate sauce to accompany your dessert. This way you give your dessert a beautiful, unique, homemade touch. These kinds of small changes can make a lot of difference. Industrial chocolate sauces contain many sugarlike substances that promote inflammation.

Cinnamon against obesity and high blood pressure

A study in which 3 grams of cinnamon was given during 16 weeks, shows that cinnamon improves all kinds of health indicators in our body. In the study, cinnamon simply eaten. The body is better able to regulate blood sugar levels when consuming cinnamon. There is less chance of obesity because less body fat is produced. In addition, fewer cases of high blood pressure were observed. It seems that the anti-inflammatory qualities of cinnamon are the basis for these medical properties. Scientists are examining which biochemical processes are responsible these observations. The Indian scientists who conducted this research, say that the results are so promising that they want to do follow-up research over a longer period,

Cinnamon against Alzheimer's

Cinnamon consumption may halt the degenerative development of Alzheimer's disease, according to the concept of a series of studies into the effects of cinnamon against dementia and Alzheimer's disease. All sorts of indicators that point to Alzheimer's disease are reduced by cinnamon intake. Unfortunately, this research is still a bit premature, research is being done on this only from 2005 onwards.

Though, the results are in line with another fact, that Alzheimer's is seen as type 3 diabetes. The cinnamon research also talks about all sorts of indicators common to Alzheimer's and diabetes. In the case of Alzheimer's, insulin resistance also occurs, in the brain. As a result, the energy metabolism of brain cells is disrupted and that gives open space to the development of inflammatory processes. Because of these inflammatory processes, neurons function less well and cognitive problems such as forgetfulness and other symptoms of Alzheimer's arise. Alzheimer's is called a lifestyle disease by scientists, or Alzheimer's is labeled as type 3 diabetes.



A

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