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**NEWS**

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***FOR IMMEDIATE RELEASE***

**Cinnamon helps lower sugar levels in persons with diabetes**

You can spice up your health benefits by adding cinnamon to some of your favorite holiday foods and beverages. Researchers have isolated several compounds from cinnamon that appear to significantly lower blood sugar levels in laboratory animals, according to a study published in the *ACS Journal of Agricultural and Food Chemistry*. The compounds, which seem to mimic the action of insulin, have shown promising results at lowering blood sugar levels in humans with Type 2 diabetes (non-insulin dependent). The compounds are being developed into a commercial product as an alternative treatment for diabetes, the researchers say. You also can tap into some of the benefits of the spice by adding a cinnamon stick to your tea or apple cider.

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