

CINNAMON MAY BE USED TO HALT THE PROGRESSION OF PARKINSON'S DISEASE.

Study Results Published in the Journal of Neuroimmune Pharmacology.

(CHICAGO) - Neurological scientists at Rush University Medical Center have found that using cinnamon, a common food spice and flavoring material, can reverse the biomechanical, cellular and anatomical changes that occur in the brains of mice with Parkinson's disease (PD). The results of the study were recently published in the June 20 issue of the *Journal of Neuroimmune Pharmacology*.

"Cinnamon has been used widely as a spice throughout the world for centuries," said Kalipada Pahan, PhD, study lead researcher and the Floyd A. Davis professor of neurology at Rush. "This could potentially be one of the safest approaches to halt disease progression in Parkinson's patients."

"Cinnamon is metabolized in the liver to sodium benzoate, which is an FDA-approved drug used in the treatment for hepatic metabolic defects associated with hyperammonemia," said Pahan. It is also widely used as a food preservative due to its microbiocidal effect.

Chinese cinnamon (Cinnamomum cassia) and original Ceylon cinnamon (Cinnamomum verum) are two major types of cinnamon that are available in the US.

"Although both types of cinnamon are metabolized into sodium benzoate, by mass spectrometric analysis, we have seen that Ceylon cinnamon is much more pure than Chinese cinnamon as the latter contains coumarin, a hepatotoxic molecule," said Pahan.

"Understanding how the disease works is important to developing effective drugs that protect the brain and stop the progression of PD," said Pahan. "It is known that some important proteins like Parkin and DJ-1 decrease in the brain of PD patients."

The study found that after oral feeding, ground cinnamon is metabolized into sodium benzoate, which then enters into the brain, stops the loss of Parkin and DJ-1, protects neurons, normalizes neurotransmitter levels, and improves motor functions in mice with PD.

This research was supported by grants from National Institutes of Health.

"Now we need to translate this finding to the clinic and test ground cinnamon in patients with PD. If these results are replicated in PD patients, it would be a remarkable advance in the treatment of this devastating neurodegenerative disease," said Dr. Pahan.

Parkinson's disease is a slowly progressive disease that affects a small area of cells within the mid-brain known as the substantia nigra. Gradual degeneration of these cells causes a reduction in a vital chemical neurotransmitter, dopamine. The decrease in dopamine results in one or more of the classic signs of Parkinson's disease that includes: resting tremor on one side of the body; generalized slowness of movement; stiffness of limbs; and gait or balance problems. The cause of the disease is unknown. Both environmental and genetic causes of the disease have been postulated.

Parkinson's disease affects about 1.2 million patients in the United States and Canada. Although 15 percent of patients are diagnosed before age 50, it is generally considered a disease that targets older adults, affecting one of every 100 persons over the age of 60. This disease appears to be slightly more common in men than women.

Cinnamon is a truly global spice that appears to combat a truly global ailment - high blood pressure. Few aromas are quite as seductive, or as warmly enveloping, as that of cinnamon, the fragrant bark of the eponymous tropical tree. Just half a teaspoon added to cakes, biscuits or puddings fills the kitchen with an intoxicating scent guaranteed to stimulate the appetite and raise the spirits.

One of the most versatile spices, and therefore a store-cupboard essential, cinnamon can take you on a savoury journey through the Levant, Africa, China and the Indian subcontinent, adding fragrance to stews, curries, and rice dishes; or down a sweeter northern European trail, where it is dangerously effective at transforming a pile of flour and sugar into something utterly addictive. It's easy to overdose on cinnamon simply because it is so pungent, so use it with restraint, or you may be put off it for life.

Why is cinnamon good for me? - A well-used spice in Indian ayurvedic medicine, recent research confirm its healing properties. Researchers at the University of Toronto found that consumption of cinnamon can significantly reduce blood pressure, particularly in people diagnosed as pre-diabetic or type 2 diabetic. Cinnamon seems also to have a beneficial impact of blood-sugar levels, possibly because it aids glucose control by enhancing the effectiveness of insulin. Cinnamon also kills off bacteria that cause gum disease. In Sri Lanka, cinnamon sticks are used as toothpicks.

CINNAMON & HONEY CURES

It is found that a mix of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients.

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers .

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin Infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.