



# Health Matters

by  
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The number of Americans diagnosed with pre-diabetes is escalating. As a precursor to diabetes, it greatly increases your risk of stroke, heart attack and kidney disease. Many are looking for ways to avert this condition by controlling their weight, metabolism and blood sugar, all of which are directly linked.

**Cinnamon** is a popular spice revered throughout history for both its culinary merits, as well as its health benefits. Even thought to be more valuable than gold at one time, cinnamon is now going through a modern resurgence of significance.

In *New Scientist Magazine*, the USDA reports results from a study conducted at their Nutrition Research Center of the effects common foods have on blood sugar. They found cinnamon helped regulate carbohydrate metabolism, blood sugar and LDL cholesterol by increasing the activation of insulin receptors by as much as 30%. Available in powder, tablets and/or soft gels, the type of **cinnamon** shown to be most effective is from Ceylon.

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