

# IDENTIFY TRUE CINNAMON

**Aka CEYLON**

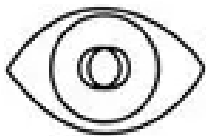
## Ceylon :

- Lighter in color
- Thinner insides
- Usually called 'Cigarette Cinnamon'

## Cassia :

- Darker In Color
- Thicker Structure

## Type 2 Diabetes symptoms



blurry vision



thirst  
dry mouth



frequent  
urination



dry skin

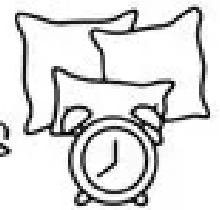
lack of  
strength



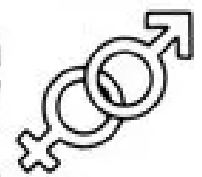
memory  
problems

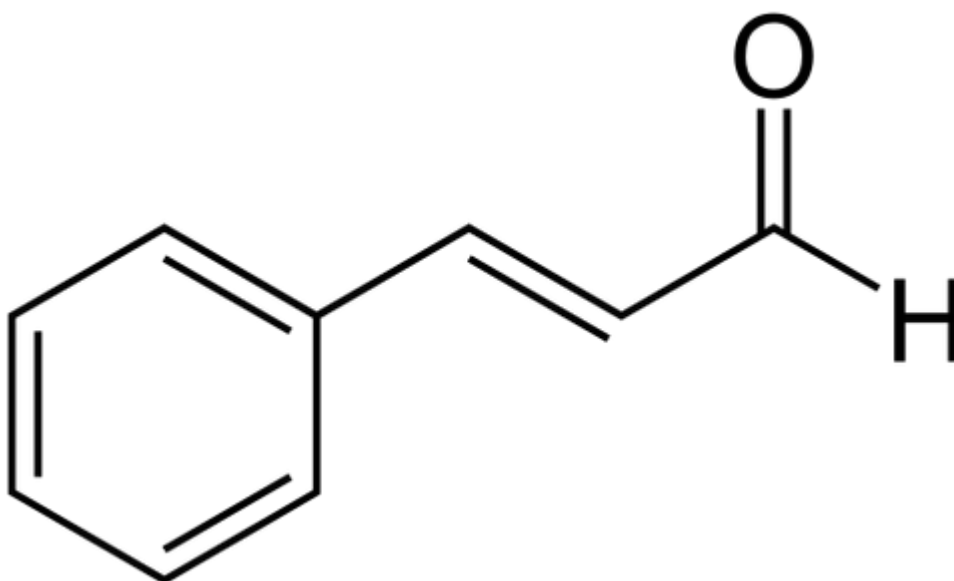
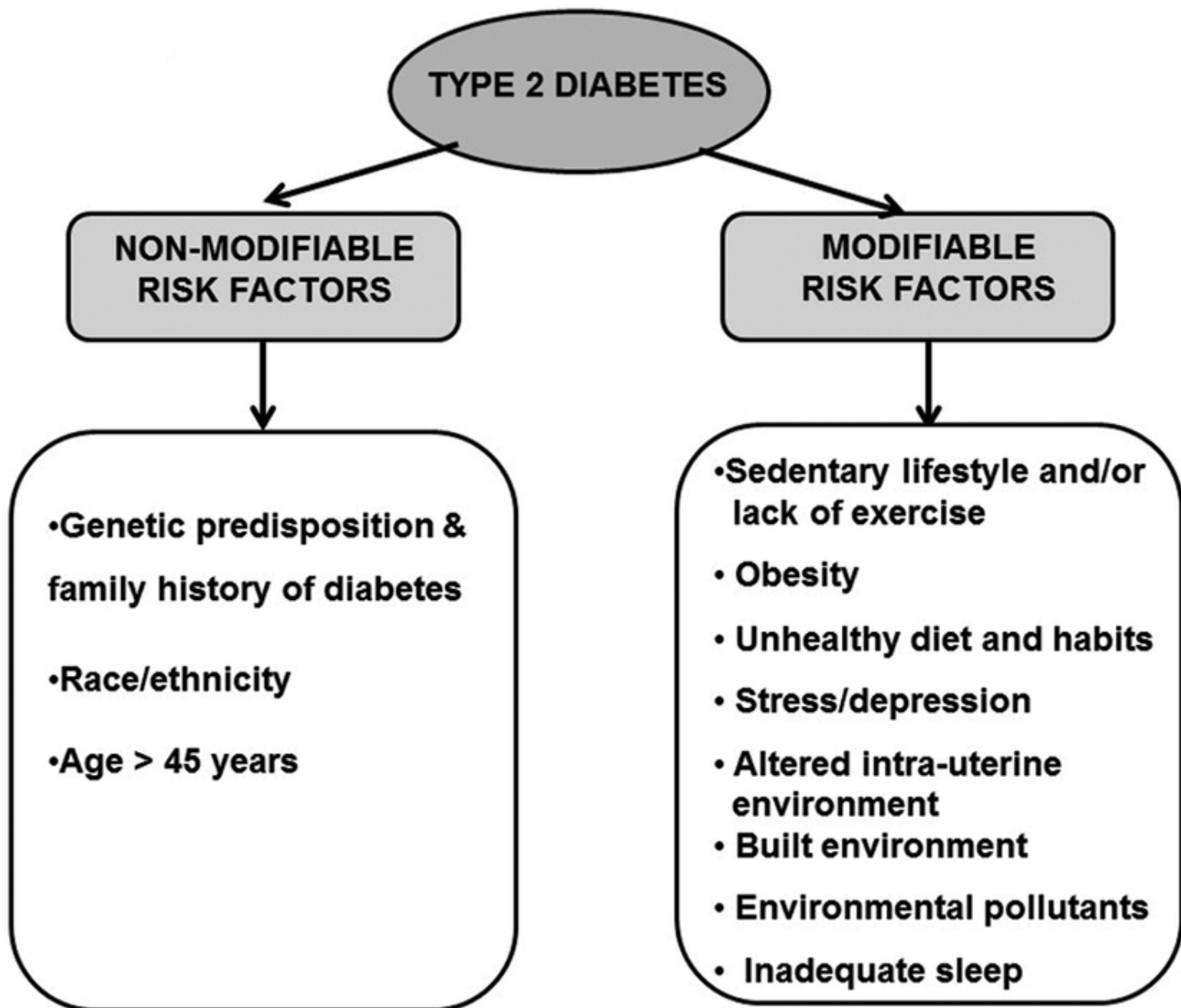


sleep disorders

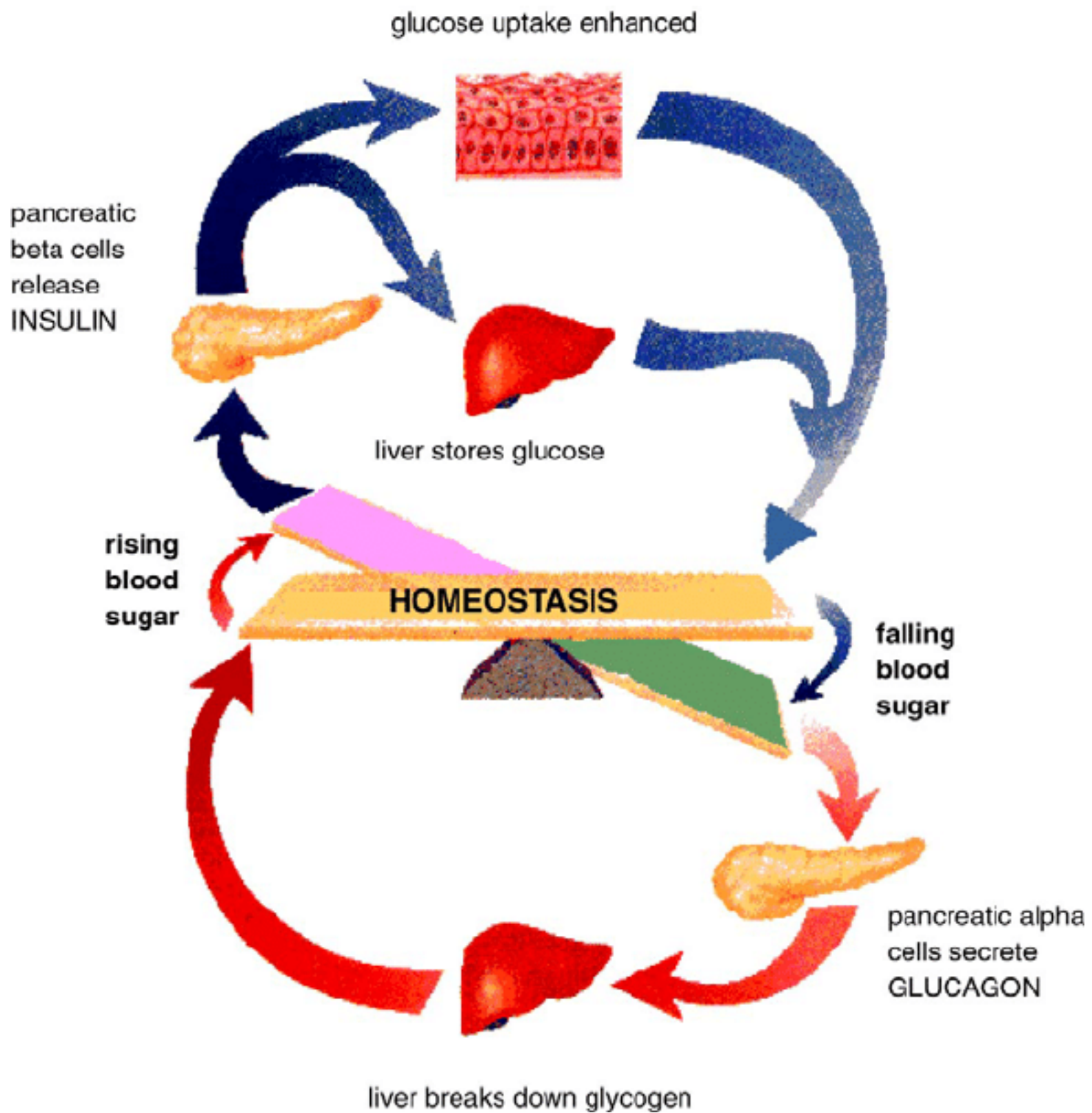


problems with  
women's and  
men's health





**Cinnamaldehyde:** The Miracle Molecule



# BENIFITS OF CINNAMON

- ✓ **HAS ANTI-INFLAMMATORY PROPERTIES**
- ✓ **CAN HAVE ANTI-DIABETIC PROPERTIES**
- ✓ **CAN HAVE ANTI-MICROBIAL PROPERTIES**
- ✓ **CONTAINS ANTI-OXIDANTS**
- ✓ **CAN HAVE ANTI FUNGAL PROPERTIES**



world diabetes day

14 November