

on how to plant a bonsai tree.Ĉ|Growth of a Venus Flytrap Time-lapse||ĈA time-lapse video compressing four weeks of growth of the Venus Flytrap into one minute.Ĉ|Time Lapse of Plants Growing||ĈTime lapse of some bush beans growing from seeds. The video was shot over a 4 day period using a Canon GL2 video camera in time lapse mode.Ĉ|AP Biology: Survey of Plant Phyla||0:00||0.00|Ĉ|AP Biology: Survey of Plantae||0:00||0.00|<|end_of_text|>Cinnamon and InflammationĈStudies have shown that cinnamon may be effective in treating inflammation. Cinnamaldehyde is one of the three basic types of components in the essential oils found in cinnamon bark preventing the release of cytokines linked to inflammation. Cinnamon is available in dried bark, dried leaves, powder, and cinnamon oil. Consult a health care professional on the benefits and risk of adding cinnamon to current therapy for inflammation.Ĉ- Cinnamyl acetate and cinnamyl alcohol are the other two integral components in cinnamon bark essential oils.Ĉ- Cinnamon may reduce inflammation associated with diabetes, arthritis, and heart disease.Ĉ- Classified as one of the oldest spices known and dates back