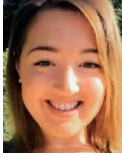


Keeping sugar spikes at bay



Lucy Drennan, naturopathic nutritionist and CNM graduate

With the extra calories and added sugar that comes at this time of year, it's important to maintain a healthy blood sugar balance to prevent energy dips, spikes, fatigue, poor skin and lowered immunity.

One true superfood which can help with this is Ceylon cinnamon, used traditionally and recognised for centuries for its medicinal and healing properties. Studies have confirmed it is an anti-inflammatory and anti-bacterial aid as well as a regulator of blood sugar.

Cinnamon's role involves signalling to insulin receptors on cells to uptake glucose (sugar) as energy as opposed to storing it as fat. A study in humans showed a decrease in fasting blood glucose and improved cholesterol markers with ¼ tsp of cinnamon for 40 days. In a second study, a group of diabetic patients had a significant reduction in fasting glucose after four months taking cinnamon powder daily.

Cinnamon is also very warming and can help increase circulation, especially to cold hands and feet, which also means a greater blood supply of nutrients to organs as well as to the follicles on the scalp, leading to increased hair growth.

Tip: Cassia cinnamon has a stronger flavour, so go for the Ceylon if you're not so keen on the taste.

Easy ways to incorporate this essential spice into your diet:

- Add 1tsp into yoghurt, porridge or smoothies
- Sprinkle in tea or coffee
- Add ½tsp to sweet potato, butternut squash, carrot mash, eggs, stewed fruits such as apple, pear and berries.



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