

Cinnamon Tea

Ingredients

- 1 cinnamon stick (or 1 teaspoon ground cinnamon in a tea bag)
- 1 cup water
- Optional: ginger slice or honey

Instructions

1. Add cinnamon stick to a small pot with 1 cup water.
2. Bring to a gentle boil and simmer 10 minutes.
3. Remove stick, pour into a cup.
4. Add honey or ginger for extra warmth.

Benefits

- Helps regulate blood sugar and may improve insulin sensitivity.
- Warming spice — supports circulation.
- Antimicrobial, may reduce bad breath and oral bacteria.

Warnings

- Use Ceylon cinnamon if drinking regularly (safer, lower coumarin).
- Large amounts of Cassia cinnamon may damage the liver.
- Can lower blood sugar and interact with diabetes or **blood pressure medication**.
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