Did you know?

A little CINNAMON goes a long way in spicing up your life...

- Improves blood sugar
- Lowers inflammation (swelling)
- Protects and repairs your body from damage

Try adding some cinnamon to different foods and beverages like:





Use Asian cinnamon varieties for added benefit.





















*Nova Southeastern University Quality of Life Grant funded www.NSUCaribbeanhealth.com