

Cassia vrs Ceylon Cinnamon

True cinnamon is a spice that originated in Sri Lanka that we know for its sweet yet savoury flavours used worldwide in a variety of dishes. Cinnamon has been recognised for its powerful health benefits such as; assisting with digestion, anti-bacterial properties, regulating blood sugar, reducing LDL cholesterol levels, anti-clotting properties and may reduce arthritis pain and proliferation of cancer cells. So why is it, that most cinnamon found in grocery stores is the wrong type that can potentially be toxic.

Cassia and Ceylon cinnamon are both found in the inner bark of the *Cinnamomum* tree. Cassia cinnamon happens to contain coumarin which is a toxin that is naturally occurring and can be toxic to the liver. Coumarin has anti-coagulant properties that when consumed in large amounts has been associated with kidney and liver damage and a potential carcinogenic. Ceylon cinnamon may contain trace amounts of coumarin but in very minimal amounts at approximately 0.001-0.005mg per teaspoon as opposed to Cassia cinnamon which has approximately 1000 times more coumarin per teaspoon.

When you're choosing cinnamon next, check twice to ensure that you are buying Ceylon cinnamon. This may mean visiting your local health food shop, but your liver and kidneys will thank you for it.