



Your Source For
News and Education
In Glycomics
The Science of
Sugars

New Findings: Dangers of the Wrong Cinnamon and Statin Drugs Our T/C+ Pilot Surveys are more important than ever!

by JC Spencer

Glycoscience Lesson #32

Ever wonder how medical scientists can get something so totally backwards.

A new case study shows that one week after starting on cinnamon supplements a 73-year-old woman developed hepatitis. She was on a high-dose of a statin drug. [American Journal of Case Reports 4/15]

It is reported that Daniel Brancheau, M.D., of Providence Hospital and Medical Center in Southfield, Michigan, made the statement: "There were no other medications the patient was taking that could cause the extent of liver damage, except the cinnamon supplements."

The woman's doctors said that cinnamon combined with her high dose of statins induced her hepatitis. Researchers noted that coumarin, found in Cassia and Saigon cinnamon can harm the liver. This appears to be the first report of a person experiencing a toxic effect from cinnamon supplements and statins.

Doctors diagnosed the woman with acute hepatitis and determined that the cinnamon was likely to blame. However, there are errors in this knee-jerk diagnose.

Acute hepatitis is from a virus, not just an infection. Can you eat enough cinnamon in ONE WEEK to obtain a toxic dose of coumarin to harm the liver that quickly?

Statin drugs can lower the immune system and provide an opening for the virus. However, it seems quite unlikely the hepatitis virus came riding in on the cinnamon.

Multiple studies support the dangers of cinnamon. Norwegian researchers, whose work was published in the journal *Food and Chemical Toxicology* concluded that using cinnamon on oatmeal or other cereals just a few times a week can exceed the Tolerable Daily Intake (TDI) of 0.07 mg of coumarin. Yet, the highly toxic drug coumadon (from coumarin) comes in 5 mg doses.

Coumarin levels vary in the four types of cinnamon. Saigon cinnamon is commonly used because it has the most intense flavor with the highest level of coumarin. Several tests show that a teaspoon of the milder cassia cinnamon varied from 5.8 to 12.1 mg of coumarin.

The University of Mississippi analyzed the coumarin

content in the four cinnamons with this conclusion:

Saigon 6.97 g/kg	Indonesian 2.15 g/kg
Cassia 0.31 g/kg	Ceylon 0.017 g/kg

This converts to coumarin parts per million (ppm) with Saigon showing ~7,000 ppm compared to Ceylon ~17 ppm. **Ceylon is the ONLY cinnamon that qualifies for T/C+.**

Smart Sugar Lesson #19 published May 2011 stated. "All cinnamon is not the same. European health agencies have warned against consuming high amounts of cassia bark, one of the four species of cinnamon, because of its coumarin content. Recent European studies have shown that cinnamon derived from the cassia plant contains this toxic compound, which in large concentrations, is known to cause liver and kidney damage..."

Smart Sugar Lesson #16 published earlier in 2011 reported, "Trehalose/Cinnamon can change your life and is one of the most healthful spices in your kitchen. But, caution [about other cinnamon] because Ceylon cinnamon is the only true cinnamon. ... Combine Ceylon cinnamon with the sugar Trehalose and you have two amazing ingredients for your health's future. Besides that, T/C [now T/C+] is so delicious that you will want to sprinkle it on your toast, put it in your coffee or tea, on your salads and desserts."

Sources and References

What is T/C+? <http://www.endowmentmed.org/content/view/1164>
Smart Sugar Lesson #19 <http://www.endowmentmed.org/content/view/1168/1/>
Smart Sugar Lesson #16 <http://www.endowmentmed.org/content/view/1163/1/>
<http://amjcaserep.com/download/index/idArt/892804>

University of Mississippi - Source of Coumarin in Cinnamon

http://www.cinnamonvogue.com/DOWNLOADS/Cinnamon_and_coumarin.pdf
http://www.naturalhealth365.com/food_news/cinnamon_alert.html
<http://www.digitaljournal.com/article/323339>
<http://www.newsmax.com/Health/Health-News/cinnamon-statin-cholesterol/2015/05/15/id/644864/#ixzz3aQIDBklm>
<http://www.livescience.com/50838-cinnamon-supplements-statin-liver-risks.html>

www.GlycoscienceNEWS.com www.Glycosciencewhitepaper.com

SMART SUGARS www.OneSmartSugar.com/video.html

Expand Your Mind - Improve Your Brain
<http://www.endowmentmed.org/ExpandYourMind/MindEbook3.html>
Change Your Sugar, Change Your Life <http://DiabeticHope.com>
Glycoscience Lesson #32 <http://www.GlycoscienceNEWS.com/pdf/Lesson32.pdf>
http://EzineArticles.com/?expert=JC_Spencer

© The Endowment for Medical Research, Inc. www.endowmentmed.org