



Treat your dog to the healing properties of CINNAMON

By Lisa Treen

Dog walking in the depths of winter has been a real pain for me recently. Not that I mind walking in the dark and gloom, battling cold and rain but it's been a pain because an old dancing

injury has caught up with me. Sounds a bit glamorous - 'old dancing injury' but it's just a gammy toe that used to make an odd clicking noise and now has developed into a mild case of arthritis. It's just a small joint really but in the icy

grip of winter it can really play up and be painful. Certainly walking two dogs in the space of two hours and covering at least 3-4 kilometres each morning means that even the smallest pain becomes unbearable.

"Cinnamon contains sulphur, dogs like cinnamon but fleas, ticks, mosquitoes and flies hate sulphur."

Always interested in alternative therapies and dietary aids, I decided to Google possible remedies for joint pain. Googling can be a blessing in one sense, allowing you to access a great deal of information in one sitting. It can also open a can of worms with misleading, false or just scary information. However, I uncovered a number of sites and further reading that pointed to the healing properties of cinnamon and the evidence that it can reduce muscle and joint pain. Recent studies have suggested that cinnamon contains anti-inflammatory compounds which may be useful in reducing the pain and inflammation associated with arthritis.

Studies have shown that those who eat cinnamon on a regular basis often report that their muscle and joint pain, as well as stiffness, is reduced or even eliminated. A big fan of cinnamon toast, I decided to test this out. I would have half a teaspoon of this ancient spice sprinkled over honey on toast each day and see if the pain improved.*

Information on the healing powers of cinnamon first appeared in Chinese writings around 2800 B.C. It was given to people suffering a variety of ailments from improving digestion, relief from menstrual cramps, increasing circulation and killing bacteria. In fact cinnamon was one of the earliest known preservatives—it was used to keep meat from spoiling.

So why would I be writing about an ancient healing spice and my gammy toe within the pages of a pet magazine? Simple, the same healing properties that cinnamon provides to humans can also benefit our doggies. Cinnamon contains sulphur, dogs like cinnamon and fleas, ticks, mosquitoes and flies hate sulphur. Therefore this tasty spice can repel nasties like fleas, ticks, mosquitoes and flies. Here's a great tasty treat recipe that harnesses the power of honey and cinnamon. It's quick and easy and your dogs are going to love it.



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DID YOU KNOW?

Did you know that cinnamon is used for weight control and the treatment of type II diabetes? A recent study in the Diabetes Care journal has revealed that the ingestion of a half teaspoon of cinnamon every day significantly reduced the level of blood sugar in those with type II diabetes. In addition, the same study found that cinnamon was able to reduce triglycerides, LDL cholesterol, and total cholesterol in the same study participants.



Cinnamon, Honey Crunchies

Ingredients:

- 1 large apple
- 1/4 cup honey
- 1/2 cup of water
- 1/2 teaspoon cinnamon
- 1 cup oatmeal
- 1 1/2 cups whole wheat flour
- 1/8 cup whole wheat flour to prevent sticking

Method:

Preheat oven to 180 ° C

Core, slice and grate/mince the apple (use a food processor if you have one). In a large bowl, combine the minced apple bits, honey, water, cinnamon, and oatmeal. Gradually blend in the wheat flour, adding enough to form a stiff dough.

In a small bowl, add 1/8 cup wheat flour. Spoon the dough by rounded teaspoon onto ungreased baking sheets, spacing about 5cm apart. Using the bottom of a glass dipped in the extra wheat flour (to prevent sticking), flatten each spoonful of dough into a circle. Adjust the size of the drops based on how big a treat you like to feed your dog.

Bake for 30 minutes. Remove from oven and flip each cookie to brown evenly on both sides. Reduce oven temperature to 160 °C. Return to oven and bake for an additional 30 minutes. Let cool and once cool store in an airtight container.

Makes about 3-dozen crunchy cookies—amount will depend on how big you make them.



As a footnote: I'm happy to report that my toe improved within a few days, after a week I had forgotten about the pain. Perhaps it was the cinnamon, honey or just a placebo effect—we'll never know but pain free is always a good way to be.



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