



Schematic showing natural physiological rhythms throughout a 24-hour cycle.

Melatonin achieves its maximum therapeutic efficacy (e.g., anti-cancer effect; bone-protective effect) when dosed in sync with its natural endogenous rhythm (during the hours of darkness) to bump up the natural nocturnal surge. Giving cinnamon closer to bedtime may enhance its anti-oxidant, detoxification and/or adrenal supportive actions since some cinnamon derivatives can activate melatonin receptors. This may help with glucose control in the early morning.

Copyright AtYourWittsEnd?Ayurveda www.atyourwittsendayurveda.com