



# Pizza and Pajamas Easter Baked Ham Recipe with Cinnamon Helps Type II Diabetes

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URL: <http://www.pr9.net/health/nutrition/3706april.html>

*Pizza and Pajamas Easter baked ham recipe is covered with a delicious tropical fruit glaze that includes cinnamon and turmeric, two spices believed to help control Type II Diabetes. The addition of sweet potatoes topped with molasses adds a bonus blessing to Easter dinner with potassium.*

PR9.NET April 11, 2006 - USA, COLLINGSWOOD, NJ – Can Easter be considered a healthy holiday with marshmallow peeps, a chocolate Easter bunny and Type II Diabetes as invited guests? This Easter, serve up Pizza and Pajamas baked ham recipe with a pineapple glaze laced with cinnamon and turmeric for unexpected health benefits.  
[http://www.pizzaandpajamas.com/base\\_pages/easter\\_ham.htm](http://www.pizzaandpajamas.com/base_pages/easter_ham.htm)

Baked ham is a favorite holiday recipe for that traditional Easter Sunday meal. Pizza and Pajamas smoked ham is covered with a delicious tropical fruit glaze that includes superfood ingredients such as spices cinnamon and turmeric.

Dr. Steven Pratt, author of "Superfoods HealthStyle: Proven Strategies for Lifelong Health," touts cinnamon and turmeric as two common nutrients used in disease prevention. Dr. Pratt states that all spices are essentially free of calories and full of phytonutrients which are believed to lower inflammation and other age-related diseases like Alzheimer's. "The USDA found that half a teaspoon a day [of cinnamon] lowered blood-sugar levels in patients with Type II diabetes and brought down their bad cholesterol," according to Dr. Pratt. Pizza and Pajamas holiday ham recipe includes one teaspoon of cinnamon. Additionally, Dr. Pratt remarks that turmeric, a member of the ginger family and another spice included in Pizza and Pajamas baked ham recipe, relieves rheumatoid arthritis and cystic fibrosis. Discover more information on superfoods at: <http://www.msnbc.msn.com/id/10722493/>

Pizza and Pajamas recommends, as an accompaniment to this ham recipe, adding a baked sweet potato topped with molasses for increased Easter dinner health benefits. Potassium is the ingredient in both sweet potatoes and molasses. Ray Sahelian, M.D. reports that potassium can help reduce kidney stones and heart arrhythmias. Dr. Sahelian asserts, "Potassium even appears to benefit bones by neutralizing acids in the bloodstream that leach calcium from bone deposits."

<http://www.raysahelian.com/potassium.html>

Sources for molasses and Easter entertainment can be found by clicking on the "pizza box links." [http://www.pizzaandpajamas.com/base\\_pages/easterham\\_recipe.htm](http://www.pizzaandpajamas.com/base_pages/easterham_recipe.htm)

Do chocolate Easter bunnies have a health benefit? According to Dr. Pratt, "dark chocolate" is another superfood. He recommends eating about 100 calories of dark chocolate daily, with appropriate exercise. Pizza and Pajamas concludes this means – ears only.

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## About 7th Stream Marketing

7th Stream Marketing is an online advertising company specializing in search engine marketing.

**Phone:** 856.854.7078  
**Website:** <http://www.7thstreammarketing.com>  
**E-Mail:** [admin@7thstreammarketing.com](mailto:admin@7thstreammarketing.com)  
**Address:** 704 Haddon Avenue  
Collingswood, NJ 08108

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