

## How Cinnamon Lowers Blood Sugar and Fights Diabetes



سر مقاله  
مهدی شریفیان

کشور نیازمند افزایش ظرفیت رشته پزشکی است

### ظرفیت‌هایی که باید دریافت

کمسیون اصل نود، همکاران ما در کمسیون بهداشت هم با جدیت این موضوع را مطالبه و پیگیری می‌کنند. این نکته را هم نباید فراموش کرد که اگر در حال حاضر این مصوبه اجرا شود، حدود ۱۲ سال دیگر نتیجه آن را خواهیم دید، بنابراین اکنون هم به اندازه کافی دیر شده و فرصت‌ها از دست رفته است.

مطالبه مجلس توزیع عادلانه پزشک و افزایش ظرفیت هدفمند است. اجازه نمی‌دهیم تعارض منافع، مانع اجرای درست قانون افزایش ظرفیت پزشکی شود. چرا وزارت بهداشت نسبت به جذب و تعیین تکلیف ۵۰۰ ظرفیت بومی آزمون دستیاری شفافیت انجام نمی‌دهد؟

عضو کمیسیون اجتماعی  
مجلس شورای اسلامی

اینکه برخی از پزشکان بیکار هستند یا با عدم توزیع مناسب پزشکان عمومی و متخصص مواجهه را تأیید می‌کنیم اما حتی در صورت رفع این مشکل‌ها، بازم با کمبود پزشک روبرو هستیم و باید افزایش ظرفیت انجام شود. به هر حال، حضور پزشکان عمومی و متخصص در مناطق محروم نیازمند مشوق‌های کارآمد است که انگیزه لازم برای پزشکان را فراهم کند. چنانچه این موضوع حل نشود و نظام توزیع اصلاح نشود به طور قطع، افزایش ظرفیت هم خیلی کارساز نخواهد بود.

علیرغم اینکه در حوزه پزشک عمومی شاهد افزایش ظرفیت بودیم، ولی در حوزه تخصصی این افزایش ظرفیت صورت نگرفته است در این رابطه موضوع را با جدیت دنبال خواهیم کرد و اجازه نخواهیم داد تعارض منافع و انحصار ایجاد شده مانع

تا شش ماهه از پزشکان نباشند البته در کنار

سرپرست کاوش‌های شهر زیرزمینی نوش آباد:

### پژوهشگران در نقشه گردشگری شهر زیرزمینی نوش آباد را می‌شناسند

نبرد اوکراین سوءتغذیه ۱۲ میلیون نفر را در کمین است

### پای پوتین بر گلولی گرسنگی

مواد غذایی سالمی که در صورت مصرف زیاد ضرر دارند:

### مفیدها مضر می‌شوند اگر...



میچ: اخبار اصفهان

معاون دبیر کل آکو مستقر در ایران مطرح کرد:

### همکاری‌های معدنی، مؤلفه رشد پایدار اقتصادی در آکو

دبیر ستاد ۲۵ آبان شهرداری اصفهان عنوان کرد:

### تماشای اصفهان از دریچه ایثار و شهادت

اصفهان هستند. وی با اشاره به رویدادهای حوزه دانش آموزی بیان کرد: برگزاری مسابقه کتابواره با موضوع شهید، برگزاری رویداد فرمانده دل‌ها با محوریت بازدید ۴ هزار دانش آموز اصفهانی از گلستان شهید از جمله این رویدادها است.

دبیر ستاد ۲۵ آبان شهرداری اصفهان گفت: گالری در گذر در متروی میدان امام حسین (ع) رونمایی خواهد شد که تک اکثری است نقاشی شده از استاد جلیلی که با محوریت حماسه ۲۵ آبان تهیه شده است.

وی افزود: مستند آیین تشییع نیز تهیه شده که از شبکه استانی پخش خواهد شد همچنین شعر "خروش لاجوردی" با موضوع ایثار و شهادت ۲۶ آبان با مشارکت حوزه هنری در حوضخانه گلستان برگزار می‌شود.

(ره) و گلستان شهید برگزار می‌شود که هر یک از دو چرخه سواران در این همایش با تصویر یکی از شهدای عملیات محرم در همایش شرکت می‌کنند.

دبیر ستاد ۲۵ آبان شهرداری اصفهان گفت: برنامه‌های آبان ماه از جمله برگزاری ریزی شده که در باغ‌های بانوان پردیس، نازوان و طلوع برگزار می‌شود، همچنین نخستین یادواره ۲۸۰ شهید اصفهانی به نام "سمیه" روز ۲۵ آبان در کتابخانه مرکزی شهرداری برگزار خواهد شد.

وی با اشاره به برگزاری اختتامیه جشنواره ملی فانوس گفت: این رویداد ۲۵ آبان در تالار هنر برگزار می‌شود.

نظری ادامه داد: در این هفته، ۱۰ کتاب تخصصی حوزه دفاع مقدس رونمایی می‌شود. این کتاب‌ها از میان ۱۰۰ کتاب برگزیده شده‌اند که موضوع آن شهدای اصفهان بوده یا نویسندگان آن

تشییع شهدای ۲۵ آبان برپا و تئاتر خیابانی با موضوع ایثار و شهادت اجرا خواهد شد.

وی از برگزاری نمایش «تا پای جان» خبر و داد گفت: این ویژه برنامه یکی از مهمترین برنامه‌های ما بوده که با همکاری سازمان فرهنگی اجتماعی ورزشی شهرداری اصفهان، ارتش و شهرداری منطقه ۵ و مجموعه‌های مردمی برگزار می‌شود که بزرگ‌ترین برنامه تریبی نور و صوت و نمایش است. این رویداد با هدف معرفی شخصیت شهید صیاد شیرازی و تشریح عملیات محرم، از ۲۳ تا ۲۹ آبان از ساعت ۱۸:۳۰ در تویخانه ارتش اجرا می‌شود.

نظری از تولید مستند واقعه ۲۵ آبان با همکاری شبکه ۲ سیما خبر داد و افزود: این مستند در حال فیلمبرداری است و طی روزهای ۲۴ و ۲۵ آبان در برنامه مردم‌نگار شبکه دو پخش می‌شود.

وی ادامه داد: روز ۲۷ آبان، همایش دوچرخه سواری از میدان امام

سطح شهر که به نام شهید مزین هستند، به شکل لاله در می‌آید و شروع این تغییر از ۲۵ آبان است که طی مدت یک سال، تابلوهای تمام کوچه‌های مزین به نام شهید، تغییر خواهد کرد.

وی ادامه داد: علاوه بر تغییر شکل ظاهری تابلوهای سر کوچه‌ها، آن‌هایی که به نام شهید مزین است، عکس آن شهید در کنار تابلوی سر کوچه نصب شده و در حد یک یا دو جمله معرفی شهید نیز انجام می‌شود که به صورت ثابت باقی خواهد ماند.

نظری گفت: پوستر یادمان ۲۵ آبان در اتوبوس‌های شهری نصب شده و پوستر گرامیداشت این روز نیز جلوی اتوبوس‌ها قرار می‌گیرد.

دبیر ستاد ۲۵ آبان شهرداری اصفهان گفت: در این روزها، فضاسازی ۵ پایانه شهری را شاهد خواهیم بود، همچنین ۱۰ نمازخانه پایانه‌ها به نام شهدای راننده مزین می‌شود. ضمن اینکه نمایشگاه تصاویر

**اخبار اصفهان** دبیر ستاد ۲۵ آبان شهرداری اصفهان از برگزاری رویدادهای ویژه روز اصفهان خبر داد.

حامد نظری با تشریح رویدادهای ۲۵ آبان، روز اصفهان اظهار کرد: با تصویب شورای عالی انقلاب فرهنگی، روز ۲۵ آبان به عنوان روز اصفهان در تقویم کشور به ثبت رسید و اکثر برنامه‌های این روز با محوریت ایثار و شهادت برگزار می‌شود.

وی با بیان اینکه اصفهان را در این روز از دریچه ایثار و مقاومت با ۴۲۸ اجرای رویدادهای مختلف به این مناسبت شاهد خواهیم بود، افزود: علاوه بر آذین بندی و فضاسازی شهر، قلعه شهدای عملیات محرم نیز توسط سازمان زیباسازی شهرداری آذین بندی خواهد شد.

دبیر ستاد ۲۵ آبان شهرداری اصفهان با اشاره به رونمایی از تابلوهای کوچه‌های مزین به نام شهید گفت: از این پس تابلوی کوچه‌های

### آگهی مناقصه (چاپ اول)



شهرداری خمینی شهر در نظر دارد:  
۱- مناقصه پخت و حمل و پخش و آسفالت معابر سطح شهر (تهیه قیر بر عهده شهرداری می باشد) ثبت در سامانه تدارکات دولت به شماره ۲۰۰۱۰۹۳۲۹۸۰۰۰۰۳۰ مورخه ۱۴۰۱/۸/۲۱ از طریق سامانه تدارکات الکترونیکی دولت برگزار نماید.

کلید مراحل برگزاری فراخوان از دریافت و تحویل اسناد فراخوان تا بازگشایی پاکت‌ها از طریق درگاه سامانه تدارکات الکترونیکی دولت (ستاد) به آدرس [www.setadiran.ir](http://www.setadiran.ir) انجام خواهد شد.

\* متقاضیان شرکت در فراخوان در صورت عدم عضویت در سامانه، نسبت به ثبت نام و دریافت گواهی امضای الکترونیکی (به صورت برخط) برای کلید صاحبان امضای مجاز و مهر سازمانی اقدام لازم را به عمل آورند.

مهلت زمانی: تاریخ انتشار فراخوان ۱۴۰۱/۸/۲۴

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نوع و مبلغ تضمین شرکت در فرایند ارجاع کار: ضمانتنامه بانکی یا سپرده نقدی

اطلاعات تماس و آدرس دستگاه: خمینی شهر، میدان قدس، شهرداری مرکزی تلفن تماس: ۳۲۶۴۱۴۱۵

علی اصغر حاج حیدری - شهردار خمینی شهر

شناسه آگهی: ۱۴۰۱۵۴۶

[pwa.agahinaslefarda.ir](http://pwa.agahinaslefarda.ir)

قابل توجه شهروندان گرامی آیامی دانید با مفقود شدن مدارک شناسایی خود ممکن است شما به عنوان مجرم شناخته شوید؟

تلفن سفارش آگهی

تلفن دفتر مرکز تهران: ۰۲۱-۸۸۳۵۶۳۰۸-۸۸۰۱۶۶۴۹

فاکس: ۰۲۱-۸۸۳۵۳۲۹۷

روابط عمومی: ۰۲۱-۸۸۳۵۶۲۸۱

امور شهرستان‌ها: ۰۳۱-۳۲۲۷۴۶۹۴

موبایل: ۰۹۱۳۱۱۳۰۵۵۳

فاکس: ۰۳۱-۳۲۲۷۴۵۱۱

برندگان جوایز ۳۶ امین دوره حسابهای قرض الحسنه

پس انداز مدیریت شعب بانک رفاه کارگران

استان اصفهان در سال ۱۴۰۱

«بانک رفاه در مسیر نوآوری»

بانک رفاه کارگران  
REFAH KARGARAN BANK

رجوع به صفحه ۶







## Important

### Iranian knowledge-based products target Africa

The Export Gateway to Africa will take place at Turkey's Istanbul Expo Center on December 17-19, with the aim of creating a wide trade network extending to Africa.

Companies active in the fields of "oil, gas, petrochemical, polymer and plastic", "agricultural products, machinery, beverages, food and packaging", "medical equipment, health and medicine", "technical and engineering services", "machinery industries and equipment", "transportation and logistics", "building and construction materials", "tourism", "information technology, telecommunications, electricity, electronics and smart city", "mining industries", and "textiles, clothing, bags, and shoes" can display their products in the expo.

This exhibition provides the opportunity to meet the world's leading brands and suppliers, research, trade, discover innovations, and benefit from the experience of leading decision makers in various industries to the Iranian firms, ISNA reported on Saturday.

Knowledge-based companies and creative startups have grown over the past five years, and Iran has risen 45 places in the Global Innovation Index, according to the UNESCO 2021 Report.

Strengthening knowledge-based companies on agenda

Leader of the Islamic Revolution Ayatollah Seyyed Ali Khamenei designated the current Iranian year (March 2022-March 2023) as "The Year of Production: Knowledge-Based and Job-Creating". Strengthening knowledge-based companies are on the agenda, raising hope for reducing obstacles on the path to development. The Leader has called on all Iranians, including citizens and government officials, to work hard to boost knowledge-based production and create new jobs. In this regard, a strategic technology development headquarters was formed and 362,000 technological projects and 154 commercialization projects were supported, in addition to the inauguration of 23 national mega projects.

Moreover, in the field of innovation and entrepreneurship ecosystem development, 65 creative houses and innovation centers, and 30 specialized accelerators have been established with the aim of empowering and strengthening the export capacity of knowledge-based, creative, and technological companies. So, over 7,000 knowledge-based and 1,600 creative companies have so far been registered and started operations.

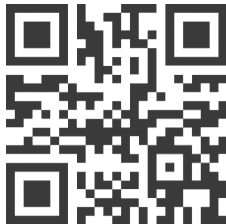
The fields of biotechnology, agriculture, food industries, chemical technologies aircraft maintenance, steel, gas, pharmaceuticals, medical equipment and medicine, oil, electronics and telecommunications, information technology, and computer software are among the sectors in which researchers in technology companies are working.

Today, the country's knowledge-based ecosystem accounts for more than 3 percent of the GDP. And the figure is projected to reach 5 percent, however, the main goal is to step toward a 10 percent share in GDP, the former vice president for science and technology Sourena Sattari said in February.

The share of knowledge-based companies in the country's economy has exceeded 9 quadrillion rials (about \$34 billion), and since 2019, it has experienced a growth of more than 450 percent, he stated.

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## European troika is unmasking



The European troika, striving to play a mediatory role over the last years between Iran and the United States to revive the 2015 nuclear deal, officially known as Joint Comprehensive Plan of Action (JCPOA), have lately unmasked their genuine intentions that were shrouded in secrecy. Since the secession of the U.S. from the JCPOA under former U.S. President Donald Trump, the European troika have attempted to signal readiness to position itself as a supporter of the JCPOA and a detractor of U.S. policies concerning the deal. In addition, as former Iranian Foreign Minister Javad Zarif said, they made 11 promises to Iran to compensate for the U.S.

withdrawal from the internationally-recognized accord. Later, the promises, as Zarif said, failed to be fulfilled, even a single one of them. However, since the last 5 years, they have endeavored to appear at least the sponsor of negotiations as well as striking a durable deal, but over the last few weeks, following the unrest in Iran, the mask is being whipped off while certain European states are using various tools to show support for insurgency in Iran by fueling the fury.

Germany is one of the main countries playing a role in this field, which is covertly and overtly embroiled in anti-Iran measures. The German embas-

sy in Tehran has played a substantial role in the coordination of other European countries in this endeavor.

In this respect, German Chancellor Olaf Schultz published a video on his Twitter in which he reiterated the anti-Iran and meddling stances of his country as well as some other Western states.

During the footage, he backed up the rioters by saying, "We seek to step up the pressure on the Islamic Revolutionary Guard Corps (IRGC) and the Iranian political leadership."

Describing the unrest as an "audacious struggle for freedom and more justice" and claiming "the brutal crackdown" in Iran,

the German chancellor furthered that "sanctions are one of the avenues to intensify pressure on Iran." He made such fabricated allegations while the country's authorities have made interventionist and anti-Iranian statements since the outset of the insurgencies.

The spokesman for the German government on November 7 announced that the country is working on imposing a new package of embargoes against Iran and "the European Union must decide whether to sanction the IRGC."

"Also, on November 9, the three parties forming the German coalition government- the Social Democrats, the Greens and the Free Democrats- presented a 25-point plan to the German parliament, which was ratified by the German federal parliament Bundestag. Such a plan bears the epithet of "support the protest movement in Iran!" and "escalate pressure on Tehran."

The plan's drafters demand the German government to "augment political and diplomatic pressure on Tehran, especially through negotiations on the Iranian human rights resolution in the Third Committee of the UN General Assembly and the UN Human Rights Council as well." Furthermore, the German government has been asked to support the holding of a special meeting of the UN Human

Rights Council on the situation of human rights in Iran and the extension of the mandate of the UN Special Rapporteur on Iran. Likewise, French President Emmanuel Macron hosted several Iranian opposition groups at the Elysee Palace on Friday. In the meeting, they urged Macron to stoke more support for the riots in Iran and also called for their own recognition.

According to a claim by one of these individuals, Macron welcomed the initiative, vowing to cooperate more with the opponents of the Islamic Republic. It should be noted that French feminist writer and film director, Caroline Fourest, who is one of the columnists of Charlie Hebdo magazine publishing cartoons in a bid to insult the Prophet of Islam, announced a meeting with Masih Alinejad on her Twitter. Fourest added that Alinejad took a trip to France on behalf of JFK from U.S.-based organizations that work in line with Kurdish separatist parties.

Of course, France's cooperation with Iranian adversaries and terrorists is not a new topic. In other words, it has been hosting the terrorist group Mujaheddin Khalq Organization (MKO/MEK) for decades, a group that, by their own admission, assassinated 17,000 Iranians in the 1980s and colluded with former Iraqi despot Saddam Hossein against their nation.

### Varzaneh awarded Ramsar wetland city accreditation



The announcement was made at the 14th Conference of Parties to the UN Convention on Wetlands, known as the Ramsar Convention, held in Geneva, Switzerland, from November 5 to 13.

Urbanization is one of the key defining mega-trends of our time. It is transforming where and how people will live in the future. Four billion people, about half of the world's population live in urban areas today. By 2050 that number is expected to increase as more people move into cities.

Over the last few years, the officials, various groups of people, and environmentalists decided to propose global registration of Varzaneh city to preserve and protect the international wetland of Gavkhuni.

On November 10, the certificate of wetland city accreditation was officially handed over to the mayor of Varzaneh, Hamed Akhgarg.

The relationship between the international Gavkhuni wetland and the livelihood of the people of Varzaneh is a point that now only the stability of the water flow in the life-giving river of Zayandehrud can maintain.

Except for the city of Varzaneh, the city of "Bandar Khamir" near the Khorkehoran International Wetland in Hormozgan province, this year was recognized and introduced as the first wetland city in Iran by the Ramsar Convention.

Wetland City Accreditation scheme

The 172 Contracting Parties to the Ramsar Convention on Wetlands have agreed to the conservation and wise use of wetlands in their territories. Recognizing the importance of cities and urban wetlands, the Convention has introduced a Wetland City accreditation scheme (Resolution XII.10).

This voluntary scheme provides an opportunity for cities that value their natural or human-made wetlands to gain international recognition and positive publicity for their efforts.

The Wetland City Accreditation scheme will encourage cities in close proximity to and dependent on wetlands, especially Wetlands of International Importance, to highlight and strengthen a positive relationship with these valuable ecosystems, for example through increased public awareness of wetlands and participation in municipal planning and decision-making.

The Accreditation scheme should further promote the conservation and wise use of urban and peri-urban wetlands, as well as sustainable socio-economic benefits for local people.

## Over 14m car tires produced in 7 months



Iranian tire manufacturers produced 14,177,370 car tires in the first seven months of the current Iranian calendar year (March 21-October 22), rising three percent from the output in the same period of time in the previous year.

This number of produced tires weighed over 149,712 tons, with no change from the amount in the first seven months of the past year.

According to the statistics, in the men-

tioned period, 93,65 tons of passenger car tires were produced, showing a nine-percent rise year on year.

Meanwhile, 14,138 tons of van tires were produced, indicating a 10-percent fall, and 28,867 tons of truck and bus tires were produced, showing a 11-percent drop.

Production of the tires of agricultural vehicles experienced a decline of 14 percent to stand at 10,706 tons, and that of the road building and industrial

vehicles fell 18 percent to 2,350 tons in the period under review.

In the first seven months of the present year, 10,251 tons of bicycle and motorcycle tires were also produced.

Iranian tire manufacturers produced 47,624,426 vehicle tires in the past Iranian calendar year 1400 (ended on March 20), which was one percent more than the figure of its preceding year.

This number of produced tires weighed over 288,149 tons, with a four-percent drop year on year.

As reported, 24,179,708 car tires weighing 259,096 tons were produced in the past year, with four percent drop in number, and five percent fall in weight as compared to its preceding year.

In the previous year, 152,251 tons of passenger car tires were produced, showing a five-percent fall year on year. Passenger cars accounted for 58.7 percent of the total tires produced in 1400.

Van tires output rose six percent to stand at 27,360 tons, while truck and bus tires output fell six percent to stand at 54,928 tons.

Production of the tires of light agricultural vehicles experienced a decline of

24 percent to stand at 3,256 tons, while that of the heavy ones also declined eight percent to stand at 16,620 tons.

Production of the tires of road building and industrial vehicles also fell 28 percent to 4,681 tons in the period under review.

In the past year, 18,746 tons of bicycle and motorcycle tires were produced, showing 13 percent growth.

Production of tubes rose one percent to stand at 10,307 tons.

The tire industry has a 60-year history in Iran. Currently, 11 tire manufacturing companies are active across the country that produce tires for passenger cars, trucks, buses, vans, road construction, and agriculture machinery, as well as bicycles and motorcycles in addition to other types of tubes.

Some 15,000 people are directly employed in this industry and more than 250,000 people are indirectly involved in the value chain of this industry.

The Iranian tire industry, despite the continuation of sanctions and the coronavirus pandemic conditions, as well as some domestic restrictions, has been following a thriving and successful path over the past few years.

## TEDPIX falls 6,900 points on Sunday



TEDPIX, the main index of the Tehran Stock Exchange (TSE), lost 6,937 points to 1.419 million on Sunday.

As reported, over 7.668 billion securities worth 38.846 trillion rials (about \$133.4 million) were traded at the TSE.

The first market's index lost 7,484 points, and the second market's index dropped 6,526 points.

TEDPIX lost 9,000 points to 1.31 million in the past Iranian calendar week (ended on Friday).

TSE is one of the four Iranian stock exchanges, the other three ones are Iran Mercantile Exchange (IME), Iran Energy Exchange (IRENEX), and Iran's over-the-counter (OTC) market, known as Iran Fara Bourse (IFB).

Iranian Finance and Economic Affairs Ministry has said the government plans to continue supporting the stock market in the long run and shareholders can count on the government's strategic support.

"The government, along with its short-term and temporary measures to support the stock market, has a long-term strategic plan to continue supporting the market in the future," the ministry said in a statement released on Tuesday (November 8).

The ministry's statement was released in response to an article published by Sharq Newspaper titled "fear and hope in the capital market" in which some worries regarding the future of the market have been addressed.

The government managed to show its serious support for the capital market with its recent support

package, the statement read.

"Of course, the 13th government has always supported the capital market and the stability and outlook of the market have always been important for the government. Of course, the capital market and the developments in this market are affected by the instrumental view of the past as well as the real economic developments in the country and the changes of different variables and risks in the political, economic, commercial, and social fields," the ministry stated.

Iran's Securities and Exchange Organization (SEO) has unveiled a comprehensive support package to encourage activities in the capital market as shareholders are getting reluctant to invest in the market. As announced by the SEO Office of Public Relations, one of the major measures considered in this package is the insurance of shareholders' capital and dividends over the next year.

The comprehensive support package of the capital market, which was designed in late October and has been reviewed by the country's economic authorities, was put in effect as of October 29.

## Iran's women's football team beat Belarus

Iran's women's football team defeated Belarus 1-0 in a friendly match held in Tehran on Saturday. Melika Motevalli scored the sole goal of the match in the 45th minute. Team Mellii are also scheduled to play the European team on Tuesday at the Ararat Stadium.

These friendlies are part of the National Team's preparation in their 10-day training camp which has started on Nov. 6. Under leadership of Azmoun, Iran finished runners-up at the 2022 CAF Women's Championship in July.

## Finding best specialized Megan car repair shop

If you also want to take advantage of the services offered at the specialized Megan car repair shop, it is better to follow us to the end of this content.

Megan is known as one of the most popular types of cars, which has many fans due to its unique features and reasonable price. Factors such as the appearance and efficiency of this car, have made many people around the world use Megan as their vehicle. However, this car, just like any other car, may have technical problems in some cases. For this reason, you may need to go to a specialized Megan car repair shop. To repair any type of car, you should go to the most specialized service provider. In some cases, repairing different parts of the car requires a lot of expertise. As a rule, it is wiser to go to people who provide professional car repair services in this situation. Anyway, if you also want to take advantage of the services offered at the Megan car repair shop in Tehran and fix your car's problems, it is better to follow us to the end of this content.

Checking the features of the Megan

Before talking about the services offered at the specialized Megan car repair shop, let's talk about the features of this product. Megan is a car with high safety and has an electric steering wheel with good handling. This product has a very strong chassis and is known as a powerful car. Low fuel consumption and the use of automatic and manual gearboxes are among the factors that make the Megan car a high-quality product.

How can we find a specialized Megan car repair shop?

Various factors can help you easily find a specialized Megan car repair shop and take advantage of its services. Factors such as high speed, work commitment, use of the highest quality parts, use of expert labor services, etc. are among those factors that can help you find the most equipped and specialized Megan car repair shop. Do not go to invalid service providers because they want less money. In this situation, you may have to pay more costs as damages in the future.

Specialized Megan car repair shop services

Various problems may force you to go to a specialized Megan car repair shop. In the following, we are going to examine some of the most common problems that may occur for you.

Megan gearbox repair

Gearboxes are very specialized parts that require high precision in their repair and adjustment. Service providers who are going to provide Megan gearbox repair services, must have sufficient technical knowledge and be able to solve the problem as quickly as possible. Pay attention to the fact that if you are going to use Megan gearbox repair services, choose a specialized Megan car repair shop.

Solve the electrical problems

Among other common problems that may occur for Megan cars are problems related to the car's electrical system. You should go to a specialized Megan car repair shop for car electrical system repairs. The end of the battery life or the presence of connections in the car's electrical wiring are among those factors that can disrupt this system.

# How Cinnamon Lowers Blood Sugar and Fights Diabetes

Source: [https://www.healthline.com/nutrition/cinnamon-and-diabetes?utm\\_source=ReadNext#TOC\\_TITLE\\_HDR\\_11](https://www.healthline.com/nutrition/cinnamon-and-diabetes?utm_source=ReadNext#TOC_TITLE_HDR_11)

By: PARISA JAMADI

Diabetes is a disease characterized by abnormally high blood sugar. If poorly controlled, it can lead to complications like heart disease, kidney disease and nerve damage (1).

Treatment often includes medications and insulin injections, but many people are also interested in foods that can help lower blood sugar.

One such example is cinnamon, a commonly used spice that's added to sweet and savory dishes around the world.

It provides many health benefits, including the ability to lower blood sugar and help manage diabetes. This article tells you everything you need to know about cinnamon and its effects on blood sugar control and diabetes.

**It Contains Antioxidants That Provide Many Health Benefits**

A quick glance at cinnamon's nutrition facts may not lead you to believe that it's a superfood (2). But while it doesn't contain a lot of vitamins or minerals, it does contain large amounts of antioxidants,

which give it its health benefits.

In fact, one group of scientists compared the antioxidant content of 26 different herbs and spices and concluded that cinnamon had the second highest amount of antioxidants among them (after cloves) (3) (Trusted Source).

Antioxidants are important because they help the body reduce oxidative stress, a type of damage to cells, which is caused by free radicals.

**It Can Imitate Insulin and Increase Insulin Sensitivity**

In those with diabetes, either the pancreas cannot produce enough insulin or cells do not respond to insulin properly, leading to high blood sugar levels.

Cinnamon may help lower blood sugar and fight diabetes by imitating the effects of insulin and increasing glucose transport into cells (6) (Trusted Source).

It can also help lower blood sugar by increasing insulin sensitivity, making insulin more efficient at moving glucose into cells.

**It Lowers Fasting Blood Sugar**

**and May Decrease Hemoglobin A1c**

Several controlled studies have demonstrated that cinnamon is excellent at reducing fasting blood sugar.

**It Lowers Blood Sugars After Meals**

Depending on the size of the meal and how many carbs it contains, blood sugar levels can rise pretty dramatically after you eat.

These blood sugar fluctuations can increase levels of oxidative stress and inflammation, which tend to do a lot of damage to your body's cells and put you at risk of chronic disease (14) (Trusted Source, 15) (Trusted Source).

Cinnamon can help keep these blood sugar spikes after meals in check. Some researchers say it does this by slowing down the rate at which food empties out of your stomach.

**It May Lower the Risk of Common Diabetes Complications**

This spice does more than lower fasting blood sugar and decrease blood sugar spikes following



meals.

It may also lower the risk of common diabetes complications.

People with diabetes have twice the risk of heart disease as people without it. Cinnamon may help lower this risk by improving established risk factors for heart disease (19) (Trusted Source).

**Some Should Be Cautious With Cinnamon**

Cassia cinnamon is not only lower in antioxidants, it's also high in a potentially harmful substance called coumarin, an organic substance found in many plants. Several studies in rats have shown coumarin can be toxic to the liver, leading to concern that it can cause liver damage in humans as well (24) (Trusted Source).

Additionally, people with diabetes who take medications or insulin

should be careful when adding cinnamon to their daily routine.

The addition of cinnamon on top of your current treatment may put you at risk of low blood sugar, which is known as hypoglycemia. Lastly, children, pregnant women and others with extensive medical histories should speak with their doctors to see if the benefits of cinnamon outweigh the risks.

**How Much Should You Take?**

Cinnamon's benefits for lowering blood sugar have been well-studied.

Yet despite this, no consensus has been reached regarding how much you should consume to reap the benefits while avoiding potential risks.

Limit Cassia cinnamon to 0.5–1 gram per day. Ceylon cinnamon can be consumed in higher

amounts, even though it may not be necessary.

**The Bottom Line**

Many studies have shown that cinnamon has the ability to lower blood sugar and help manage common diabetes complications, among other health benefits.

If you want to take cinnamon supplements or add it to your meals to help lower your blood sugar, it would be wise to use Ceylon instead of Cassia.

It may be more expensive, but Ceylon cinnamon contains more antioxidants and lower amounts of coumarin, which can potentially cause liver damage.

It's probably best not to exceed 0.5–1 grams of Cassia daily, but taking up to 1.2 teaspoons (6 grams) daily of Ceylon cinnamon should be safe.

## Petchem consortium to develop Iran gas fields for 1st time

A consortium of Iranian petrochemical companies has started operations to develop gas fields in the country for the first time in the history of the country's oil industry, Secretary General of the Petrochemical Industry Employers Association Ahmad Mahdavi Abhari said.

"With the formation of the first consortium of petrochemical companies to operate in the upstream sector, work has begun on the three gas fields of Khartang, Gardhan, and Pazen," Mahdavi told Tasnim.

Referring to the importance of the petrochemical

industry in the capital market and the national economy, the official stated: "From the beginning of the current calendar year (March 21) until November 8, about \$9.4 billion have been injected into NIMA (domestic Forex Management Integrated System) by petrochemical companies."

According to Mahdavi Petrochemical industry is a leading industry that needs to be supported, and this issue is mostly the responsibility of the Oil Ministry and requires the attention of this ministry to the issues concerning this industry.



Pars Oil and Gas Company (POGC), which is in charge of developing Iran's giant South Pars gas field in the Persian Gulf, is planning to drill 35 new wells to enhance and maintain gas production in the massive joint field, an official with the company announced. According to Shobeir Nabavi, the deputy head of POGC's Reservoir Operations Engineering Unit, POGC has obtained the necessary permits from the Oil Ministry to spud 35 new wells in the field within the next two to three years, SHANA reported.

Nabavi put the number of drilled and completed wells in this field at 341, of which 308 wells are currently operational.

The official said POGC is currently focusing on maintaining production in the South Pars gas field while developing other gas fields such as Kish, North Pars, Bilal, Golshan and Ferdowsi, Farzad A and B, and also the oil layers of South Pars.

He further noted that the main mission

of his company is the development of the South Pars joint gas field, adding: "The amount of gas in this field on the Iranian side is estimated at 410 trillion cubic feet, and in the 20 years since the beginning of gas production from this field until today, 75.5 trillion cubic feet of gas have been produced in the field."

According to Nabavi, the initial pressure of the South Pars gas reservoir in the Kangan and Dalan layers, which are located at a depth of 3,000 meters underground in the Persian Gulf, has decreased from about 5,200 PSI to 3,500 PSI during the 20 years of exploitation of this field.

The POGC official stated that the daily gas production capacity from the massive offshore field is about 700 million cubic meters, and said, "With the commissioning of South Pars Phase 11, the daily gas production capacity of this field will increase to 730 million cubic meters per day."

Nabavi called the installation of pres-

sure-boosting compressors the most important method of maintaining gas production in the South Pars field, and said, "NIOC plans to prioritize this issue in the coming years by installing pressure-boosting compressors and exploiting other gas sources to prevent production drop in the country."

South Pars gas field, which Iran shares with Qatar in the Persian Gulf water, is divided into 24 standard phases of development in the first stage. Most of the phases are fully operational at the moment.

The huge offshore field covers an area of 9,700 square kilometers, 3,700 square kilometers of which are in Iran's territorial waters in the Persian Gulf. The remaining 6,000 square kilometers, called North Dome, are situated in Qatar's territorial waters.

The field is estimated to contain a significant amount of natural gas, accounting for about eight percent of the world's reserves, and approximately 18 billion barrels of condensate.

## Unfreezing assets blocked in S. Korea underway: CBI governor



Governor of Central Bank of Iran (CBI) Ali Saleh-Abadi said on Saturday that the process of unfreezing the Iranian assets blocked in two South Korean banks is underway. Saleh-Abadi declined to provide any more details on the release of the Iranian assets, IRNA reported.

He also touched upon the government's plans to control the hard currency market and said that as measures were taken earlier to contain the gold coin market, the CBI has plans to introduce a package within the next few days to bring the hard currency market under control.

According to CBI, over seven billion dollars of Iranian oil revenues have been frozen in two South Korean banks since September 2019, when Washington's sanctions waiver for South Korea's imports of Iranian oil expired.

Over the past two years, Senior South Korean and Iranian officials have been negotiating to explore methods to restore bilateral rela-

tions strained by the problem of Iranian funds frozen in the country. Iran has repeatedly called on Seoul to abandon its "illegal" policies and release the Iranian assets that it has frozen due to the sanctions.

South Korean Vice Foreign Affairs Minister Choi Jong Kun visited Iran in January 2021 and met with senior Iranian officials including the CBI former governor for discussing ways for resolving the issue.

After the Korean official's visit to Iran, the two sides finally agreed that South Korea should provide the necessary monetary channels for Iran to be able to use its assets in this country for purchasing essential goods through third countries. Later in February that year, head of Iran-South Korea Joint Chamber of Commerce Hossein Tanhaei said that \$1 billion of Iran's frozen funds in South Korea were going to be transferred to an Iran-Switzerland financial channel to be paid for foodstuff, medicine, and medical equipment.





