

CINNAMON BARK

cinnamomum zeylanicum 10ml



application

Aromatic • Internal • Topical

properties

Wild-crafted

Producing Organ: Bark

Extraction: Steam Distillation

Country of Origin: Sri Lanka

Safety Group: #4

Main Chemical Constituents: cinnamaldehyde, eugenol

Therapeutic Properties: Anthelmintic, antidiarrheal, antidote (to poison), antimicrobial, antiseptic, antispasmodic, antiputrescent, aphrodisiac, astringent, carminative, digestive, emmenagogue, hemostatic, orexigenic, parasiticide, refrigerant, spasmolytic, stimulant (circulatory, cardiac, respiratory), stomachic, vermifuge

uses

- When taken internally (other than when flavoring to food as described below), Cinnamon Bark should always be used in capsules, diluted with carrier oil.
- To add flavor to food, dip a toothpick in the oil and swirl it through the mixture.
- Apply 3-4 drops neat to the soles of the feet; dilute with carrier or massage oil if desired or if sensitivity occurs.
- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired for a fresh, spicy aroma.

product summary

This is a very warm and uplifting Essential Oil known for its strengthening and energizing ability, however, it is much more gentle than its counterpart Cinnamon Leaf Oil. Because of strong aldehydes, it can potentially irritate the skin, so it should always be diluted to a 20% solution with carrier or massage oil for topical application. Ideally, it should be applied only to the soles of the feet.

Cinnamon has been used since ancient times for all manner of ailments due to its powerful antimicrobial and antiseptic abilities. An excellent aid for bacterial and fungal infections, it has shown the ability to rapidly destroy many types of bacteria.

Studies conducted by Dr. Deiningner, Dr. Franchomme and Dr. Penoele show that Cinnamon Bark Oil is effective against 98% of all pathogenic gram positive and gram negative bacteria, as well as yeasts, candida, fungi, and parasites.

Digestive benefits include the elimination of parasites, calming intestinal spasms, stimulating appetite, and easing nausea, vomiting, and diarrhea. It provides exceptional support for colds, flu, and other respiratory conditions, as well as kidney and bladder infections and menstrual issues. It has also been shown to be helpful in balancing/regulating blood sugar.

Cinnamon Bark Essential Oil is helpful in easing mental or emotional fatigue, fighting weakness, recovering from a nervous breakdown, and improving concentration.

responsible cautions

- Apply neat only on soles of feet; all other applications should be done by diluting with carrier or massage oil to avoid skin sensitization.
- Avoid during pregnancy.
- Diffusion not recommended due to risk of irritation to eyes and mucous membranes.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.