

CINNAMON BARK

(*CINNAMOMUM ZEYLANICUM*)

(Mover and Shaker)

**VERY HOT!!!! Skin Sensitivity due to high aldehyde content, needs to be diluted 1:4.
Also may burn nasal passages if directly inhaled.**

Anti-bacterial, Anti-depressant, Anti-fungal, Anti-infectious, Anti-inflammatory, Anti-Oxidant, Anti-parasitic, Anti-viral, Aphrodisiac, Blood Cleanser and Purifier, Candida minimized, Destroys common sources of *E.Coli*, *Salmonewlla*, *Staphylococcus* and *Listeria*, Food Preservative, Herpes Relief, Immune System Stimulant, Natural Diuretic,

Ancient writings reflect that using Cinnamon in the home and wearing on the edges of clothes attracts wealth and abundance; besides a flavoring in many recipes, has great medical properties.

Brain Tonic: Cinnamon boosts the activity of the brain and hence acts as a good brain tonic. It helps in removing nervous tension and memory loss. Research at the Wheeling Jesuit University in the USA has proved that the scent of cinnamon has the ability to boost brain activity. The team of researchers led by Dr. P. Zoladz found that people who were administered with cinnamon improved their scores on cognitive activities such as attentional processes, virtual recognition memory, working memory and visual-motor response speed.*

Blood Circulation: Cinnamon aids in the circulation of blood due to the presence of a blood-thinning compound in it. This blood circulation helps significantly in removing pain. Good blood circulation also ensures oxygen to the body cells leading to higher metabolic activity. You significantly reduce the chance of getting a heart attack by regularly consuming cinnamon. Cleans Gall Bladder of unfriendly germs and eliminates bacteria in Staph Infections.

Diabetes: Researchers at the US Dept. of Agriculture's Human Nutrition Research Center in Beltsville, Maryland, studied the effect in various food substances including cinnamon on blood sugar. They found that a water-soluble polyphenol compound called MHCP which is abundant in cinnamon synergistically acted with insulin and helped in the better utilization of insulin. So patients diagnosed with type2 diabetes use less insulin.

Digestive Tonic: Cinnamon is very effective for indigestion, nausea, vomiting, upset stomach, Diarrhea and flatulence. Due to its carminative properties, it is very helpful in removing gas from the stomach and the intestines. Relieves morning sickness and high acid. Cinnamon increases the action of enzymes that break down food in the body aiding in the metabolic process and building younger cells. Significantly reduce the chance of getting a heart attack by regularly consuming Cinnamon.

Nicole Stevens published results of testing Cinnamon on various cancers with amazing results. See her publication from 2007. (AromaTools.com)

Emotional Support: Calmative, Sleep Aid, Mood Balancer, Mental Clarity, Lifts Depression, Fragrance from diffusing provides Optimism and Motivation.

Protocols:

PTS: Cinnamon 2, Balance 3, Geranium 3, Coconut Oil 16.

Motivation & Inspiration: Cinnamon 2, Clary Sage 4, Sandalwood 2, Frankincense 3, Coconut Oil 20.

Blood Tonic (seasonal purifying): with local honey, mix up the tonic and let stand, covered, for at least 10 minutes before you drink. Add the teaspoon of honey with oils to water that has been heated but allowed to cool – not boiling - 1 Cinnamon, 2 Citrus Bliss, 2 Digest Zen, 2 Melaluca; stir and let stand for 10 minutes and sip for about 15 minutes followed by water..

Overeating foot blend: Cinnamon 2, Coriander 2, DiGest Zen 2, Coconut Oil 10.

Hand and foot warmer: Cinnamon 2, Lavender 4, Lemon 5, Coconut Oil 10.

*Dr. David K. Hill reported November 2009.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. Thank you for your sharing with others. Rob and Wendy James (www.zdoterra.com) John and Dr. Susan Lawton (www.learningdoterra.com) for additional information. Playback Phone # (323) 927-0075