

## Cassia

(*Cinnamomum Cassia*)

(False Cinnamon)

Holy Anointing Oil of the Bible

***Hot, Hot, Hot -- Caution: Skin sensitivity due to high aldehyde content; needs to be diluted 1:4 coconut oil. May irritate (feel like on fire) nasal passages if inhale directly from bottle.***

Steam distilled bark with an aroma similar to true Cinnamon but chemically and physically quite different. Found in recorded medical records dating from 16<sup>th</sup> century BC. Recorded uses in ancient history were for ceremonies, anointing of soldiers and virgins, rituals of recognition, teas for stomach distress, used with other oils for Spring cleansings.

Anti-aging, Antibiotic, Anti-coagulant, Anti-diarrhea, Anti-fungal (Ringworm, Candida), Anti-inflammatory, Astringent, Anti-viral, Boosts the Immune System, Cardiovascular Strengtheners, Cataract Retardant, Disinfectant and Stimulant.

Applying Cassia on the bottoms of the feet can sometimes be tasted on the tongue within 2 minutes; demonstrating doTerra CPTG oils' transdermal activity and potency. This oil works very well and requires just a little to affect a change or treat a condition.

Phenols and Phenylpropanoids are compounds of carbonring molecules incorporating one isoprene unit. They are sometimes called hemiterpenes. There are dozens of phenylpropanoids. They are found in Cassia (80%) and in Cinnamon (73%).

While they create conditions where unfriendly viruses and bacteria cannot live, the most important function performed by phenylpropanoids is that they clean the receptor sites on the cells. Without clean receptor sites, cells cannot communicate, and the body malfunctions, resulting in sickness.\*

Emotional Aspects: Uplifting, Warming, Inner Strength Inspiring, Calmative, Stress Reducing, Inner Confidence Awareness and so much more. Mood Elevating..."Oil of Gladness"\*\*\*

Immune Boosting for Seasonal Changes: Apply to the bottoms of the feet 21 days in a row; Cassia 5, Cypress 9, Basil 7, White Fir 5, Lavender 5, Lemon 8. Roller bottle good.

Arthritic Pain: Cassia 4, Patchouli 2, Coconut Oil 12.

Cold Feet w/diabetes: Cassia 4, Frankincense 4, Lavender 6.

Diffuse: for mood lifting

Diffuse: for air disinfecting

Fatigue: Cassia 2, Lime 4, Capsule for ingesting.

Wrinkles on the back of hands: Cassia 4, Myrrh 3, Sandalwood 2, Patchouli 2, Lime 6; also excellent for problem cuticles.

Cassia and Coconut oil (4 Cassia, 20 coconut) makes an excellent antiseptic – great for all surfaces...

\**Healing Oils of The Bible*, David Stewart, 2005.

*\*\*Aromatherapy in Medicine, Jacque du Preneau, 1908.*

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](http://www.zdoterra.com)) John and Dr. Susan Lawton ([www.learningdoterra.com](http://www.learningdoterra.com)) for additional information. Playback Phone # (323) 927-0075