

Cinnamon



Cinnamomum verum

Properties:

Alterative, anthelmintic, antibacterial, anticatarrh, antifungal, anti-inflammatory, antispasmodic, antiviral, astringent, expectorant, hemostat, antibiotic, analgesic antiseptic.

Medicinal Uses:

- Warming herb to aid in circulation
- Expectorant – clears congestion
- Cold, flu, cough, sore throat, any respiratory problems
- Stabilizes blood sugar levels (which is good for diabetics)
- Digestive aid
- Gum inflammation and pain (use as a mouthwash)
- Menstrual discomfort (relaxes uterine muscle and calms spasms)
- Fights virus spores, bacteria, and fungus
- Infection fighter
- Pain reliever
- Flavor enhancer for mixing with other herbs that may not taste so good

Methods of Use:

- Cinnamon is so fun to use, it tastes great and enhances the flavor of many culinary dishes. Add it to baked goods, breakfast foods and warm drinks like hot chocolate and herbal tea. Sprinkle it onto hot cereal, toast, desserts, and into drinks and smoothies.
- Cinnamon honey is a staple at our house. This can be used as an instant tea adding a tablespoon or so into a cup of warm water or use as a spread for toast and bread. We also love to mix it into our hot cereal.



Annie's Place

- Baths and foot soaks are good for cold and flu season, congestion and warming up a cold body real fast.
- Basic herbal tea (best to use the cinnamon sticks or chips for this purpose)
- Infused oil
- Tincture or glycerite
- Capsules and herbal pills
- Boil some water on the stove with cinnamon sticks, orange slices and cloves for a natural air freshener.
- cinnamon essential oil

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.