

CASSIA

Cinnamomum cassia

Cassia, commonly known as Chinese Cinnamon or False Cinnamon, is a close relative of true Cinnamon and is often used as a more cost effective substitute. Cassia is a "hot" oil and therefore should be diluted for application to the skin.

**ANTIVIRAL,
ANTIMICROBIAL,
ANTIDEPRESSANT**

Used in Chinese medicine for thousands of years, Cassia oil can help maintain both physical and emotional health. Helpful with conditions ranging from minor colds to kidney complaints, Cassia can also be used to calm emotions and relax anxiety.

Cassia is an excellent fungal remedy, natural immune system booster and antiviral essential oil. It can be used as a home remedy for toenail fungus, colds, diarrhea and viral and bacterial infections.

A 2009 report in the Pennington Nutrition Series found the potential use of cassia bark oil to treat type 2 diabetes. Cassia cinnamon extracts had significant anti-diabetic effects in both animal trials and in human trials using people with type 2 diabetes. Not only were serum glucose levels reduced for people given cassia, but their total cholesterol, triglycerides, and LDL cholesterol levels also decreased.

If you like the aroma of cinnamon, you're bound to love Cassia.

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

DIFFUSION

- Diffuse 10-15 drops as desired throughout the day to reduce drowsiness, irritability, pain and frequency of headaches.

INHALATION

- To energize and boost mental alertness, place 1-2 drops on a tissue or cotton ball and inhale gently as needed.

INTERNAL

- Cassia is listed as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration.
- Add 1-2 drops in coffee or hot chocolate for a spicy treat.
- Soak toothpicks overnight in Cassia oil to make your own cinnamon toothpicks.

MASSAGE

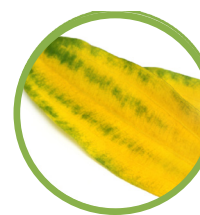
- Mix 2-4 drops per ounce of carrier or massage oil to relieve rheumatic or arthritic pain.

TOPICAL

- Cassia is a "hot" oil, and as such should not be applied topically unless diluted with a carrier or massage oil.

RESPONSIBLE CAUTIONS

Should not be used on the skin as it is a dermal irritant, dermal sensitizer and a mucus membrane irritant. Should be avoided during pregnancy.



Essential Singles

attributes

PRODUCING ORGAN

Leaves and twigs

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

China

PROPERTIES

Antidepressant, antiemetic, antigalactagogue, antimicrobial, antirheumatic, antiarthritic, astringent, antiviral, emenagogue, febrifuge, stimulant, carminative.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

