

Cinnamon Bark

Cinnamomum zeylanicum

This is a very warm and uplifting Essential Oil known for its strengthening and energizing ability, however it is much more gentle than its counter-part 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. Deininger, 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 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 nervous breakdown, and improving concentration.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in a cobalt blue spray bottle. Shake vigorously and spray for a fresh, spicy aroma.

INHALATION

- Add 1-2 drops to a tissue or cotton ball and inhale.

INTERNAL

- Cinnamon Bark Essential Oil is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry..
- When taken internally (other than when flavoring to food as described below), Cinnamon Bark should always be used in capsules, diluted with carrier oil.
- For blood sugar regulation, add 1-2 drops to a capsule with carrier oil, take one capsule twice daily
- To add flavor to food, dip a toothpick in the oil and swirl it through the mixture.
- An effective remedy for intestinal infections can be made by adding 2 drops of Cinnamon Bark to a gel capsule filled with carrier oil. Take one capsule 3 to 4 times daily.

MASSAGE/TOPICAL

- Apply 3-4 drops neat to the soles of the feet; dilute with carrier or massage oil if desired or if sensitivity occurs.

pregnancy & children

TOPICAL

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - not recommended
- 6 years to 10 years - safe when used as directed
- Pregnancy - not recommended

BATH

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - not recommended
- 6 years to 10 years - safe when used as directed
- Pregnancy - not recommended

goDésana
feel the difference

attributes

Producing Organ: *Bark*

Extraction: *Steam Distillation*

Country of Origin: *Sri Lanka*

Therapeutic Properties: *Analgesic, antidiarrheal, antidote (poisons), antimicrobial, antiparasitic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, digestive, menorrhagic, homeostatic, stimulant (circulatory, cardiovascular, respiratory systems), stomachic, vermifuge.*

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- 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. Ingest only in capsules. Diffusion not recommended due to risk of irritation to eyes and mucous membranes.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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