

Cinnamon Bark

cinnamomum zeylanicum 10ml

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. Péroël 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.*

Cinnamon's 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.*

uses

aromatic

- **Inhalation:** Add 1 to 2 drops to to a tissue or cotton ball and inhale to assist with unhealthy food cravings.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle. Shake well and mist into the environment as desired for a fresh, spicy aroma.*

internal

- **Food/Beverages:** To add flavor to food or beverages, dip a toothpick in the oil and swirl it through the food or drink.*
- **Internal:** Add 1 to 2 drops to a veggie capsule with carrier oil and take one capsule twice daily to support healthy blood sugar levels.*
- **Internal:** Add 2 drops to a veggie capsule with carrier oil and take one capsule three to four times per day to assist with intestinal parasites.*
- **Mouth Rinse:** Add 2 drops to a veggie capsule with carrier oil and take one capsule three to four times per day to assist with intestinal parasites.*

topical

- **Lips:** Add 2 drops to a tablespoon of coconut oil and apply to lips for a natural plumper.*
- **Lotion/Massage:** Add a few drops to carrier oil or body lotion to create a warming massage for achy muscles.*
- **Shampoo:** Add a few drops to shampoo for an invigorating wash to stimulate hair growth.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • Internal • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Bark

Extraction: Steam Distillation

Country of Origin: Sri Lanka

Main Chemical Constituents:

Cinnamaldehyde, eugenol, benzaldehyde

Therapeutic Properties: Anthelmintic,

antidiarrheal, antidote (to poison),

antimicrobial, antiseptic, antispasmodic,

antiputrescent, aphrodisiac, astringent,

carminative, digestive, emmenagogue,

hemostatic, orexigenic, parasiticide,

refrigerant, spasmolytic, stimulant

(circulatory, cardiac, respiratory),

stomachic, vermifuge

responsible cautions

- Should always be diluted with carrier oil for topical application anywhere other than the soles of the feet.
- Not recommended for use during pregnancy.
- Not recommended for use in children under 10 years of age.
- Not recommended for diffusion as it may irritate eyes and mucous membranes.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*