

Ceylon Cinnamon

Botanical name: *Cinnamomum verum*
(*zeylanicum*)

Energetics/Actions: Hot, stimulating,
astringent

Description

Cinnamon is an old trade route spice and was used in Ancient Egypt. It is a powerful antioxidant. Cinnamon is made from the inner bark of *Cinnamomum* trees. There are a few different species of these trees and not all species have the same health benefits. It is important to use Ceylon cinnamon to get the medicinal effects of the herb. Most of the cinnamon in grocery stores is Cassia cinnamon which has some medicinal benefits but also contains coumarin, which can cause liver damage in large doses.



Uses

Menstrual discomfort: Can reduce cramping and amount of bleeding.

Gastrointestinal discomfort: Helpful for indigestion, stomach cramps, nausea and gas.

Blood sugar regulation: Studies show that with proper dosing, cinnamon can decrease blood sugar levels and improve insulin sensitivity. *Consult with a professional herbalist for proper dosing for this use.

Heart health: Decreases total cholesterol, triglycerides and LDL while increasing HDL. *Good studies on this use.

Dose

Tea of dried bark: 0.5 gm up to 3 times a day.

Tincture: 2-4 ml/day.

Liquid extract: 0.5-1.5 ml/day.

Safety Information

Do not use on a daily basis for longer than 6 weeks. Not for use in pregnancy except as flavoring in food. Can be caustic to skin with prolonged exposure.