

Cinnamomum verum (cassia)
Family: *Lauraceae* – Laurel
Parts: inner bark

Properties

Alterative, anthelmintic, antibacterial, anticatarrhal, antifungal, anti-inflammatory, antispasmodic, antiviral, antibiotic, analgesic, antiseptic, aromatic, astringent, carminative, expectorant, hemostat, hypotensive, prebiotic.

Energetics: warming, sweet/pungent
Systems Affected: digestive, respiratory, heart

Uses

- Improves circulation and warms the body.
- Boosts immune systems and feeds gut flora which also aids immunity.
- Clear congestion in the sinus, lungs, and digestive system
- Cold, flu, cough, sore throat, any respiratory problems
- Stabilizes blood sugar levels
- Digestive aid, bloating, gas, diarrhea, constipation, nausea, vomiting, etc.
- 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.

Herb Preparations

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.

- Honey, syrup
- Bath, foot soaks; good for cold and flu season, congestion and warming up a cold body fast.
- Tea; wonderful in tea blends (best to use the cinnamon sticks or chips for this purpose)
- Herbal oil, salve
- Tincture
- Powder, capsules, pills
- Boil some water on the stove with cinnamon sticks, orange slices, and cloves for a natural air freshener.