

## Product Profile

# CINNAMON

*Cinnamomum aromaticum*

Liquid extract of dried inner bark (no adhering wood).

**Actions:** Pleasant, aromatic taste. Warming, diffusive stimulant, with gentle astringent influence. Moderately stimulates entire nervous and circulatory systems. Warming to the stomach and intestinal tract; stimulates appetite; antinauseant; carminative. Haemostatic.

Recent research shows that several polyphenolic polymer compounds in Cinnamon bark enhance the action of insulin and improve glucose and fat metabolism.

**Uses:** Atony of the stomach, looseness of the bowels with griping and flatulence, sympathetic nausea and vomiting, diarrhea and dysentery. Coldness of the skin and extremities. Chills, colds and flu. Passive hemorrhages: nosebleed, hematuria, hemoptysis, excessive menstrual bleeding, bleeding from fibroids, postpartum bleeding, etc. To restore muscle tone to a flaccid uterus – especially after childbirth. As an adjuvant to flavor unpleasant tasting medicines.

**Dose:** Take 30 to 40 drops, 2 to 4 times per day in 4 to 6 ounces of water or tea. Cinnamon is rarely taken alone, but is usually mixed with other liquid extracts in a compound.

**Cautions:** Excessive bleeding should be treated immediately by a qualified health practitioner. Moderate dosage during pregnancy. Do not use in high fevers or acute inflammatory conditions. Avoid use if mouth or stomach is inflamed, irritated or ulcerated. Large doses given for a protracted time period may be irritating to the mouth and stomach.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. *The Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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