



# **Cinnamon Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 5)**

*George Shepherd*

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Cinnamon oil offers a number of therapeutic benefits; but you may be wondering what these benefits are. In this chapter, we'll take a closer look at the history of cinnamon and its many uses including safety precautions & common applications

Main Properties of Cinnamon Essential Oil: Antioxidant, Antibacterial, Antiseptic, Astringent, Antidepressant, Hypoglycemic, Antiviral, Antifungal, Anti-inflammatory, Emmenagogue, Expectorant, Digestive, Common Medicinal Uses, Skin Infections, Combating the Common Cold, Diabetes, Allergies, Candida Infections, Aiding in Digestion, Promoting Energy and more.

Recipes for Cinnamon Essential Oil(Pure Supportive Recipes): Airborne Bacteria, Aphrodisiac, Bacterial Infections, Body Warmth, Cooking, Diabetes, Diverticulitis, Fatigue, Fungal Infections, Immune Stimulant, Infection, Insect Bites/Stings, Mold, Pancreas Support, Pneumonia, Respiratory Issues, Typhoid, Vaginal Infection, Viral Infection

Blends: Alert Mist Spray, Chest Congestion, Diabetic Support, Energy Booster, Protective Blend, Fungal Infections, Gluten Intolerance, Immune-Boosting Spray, Immune-Boosting Topical Blend, Poison Ivy, Room Disinfectant, Stress-Reducing Massage Oil, Vapor Rub

Cinnamon Essential Oil Studies Included:

Study 1 – Antimicrobial Properties

Study 2 – Biocontrol in Fungal Contamination

Study 3 – Antioxidant Properties

Study 4 – Menstruation

Study 5 – Antibacterial Properties

Study 6 – Diabetes

Study 7 – Colon Cancer

Learn the history how Cinnamon Essential Oil has been used safely and effectively in this book.

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