



Product Information and Traditional & Alternative Uses

Cinnamon anciently was valued by the Egyptians and was is continued to be used in Chinese and Ayurvedic medicine to help heal a broad range of conditions ranging from depression to weight gain. Cinnamon bark has potent antiparasitic, anti-inflammatory, antiplatelet and antiviral properties, which makes it extremely useful for enhancing immunity.

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| 1 BRAIN FUNCTION | 5 SKIN INFECTIONS | 8 DEODORIZER |
| 2 HEART HEALTH | 6 PAIN RELIEF | |
| 3 BLOOD SUGAR LEVELS | 7 COMMON COLD | |
| 4 STIMULATING APPETITE | 8 MOSQUITO REPELLENT | |

Primary Action - Stimulating & Analgesic:

BRAIN FUNCTION/HEART HEALTH/STIMULATE APPETITE: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

SKIN INFECTIONS: Dilute 1:1 ratio with a carrier oil and apply directly on affected area.

PAIN RELIEF: Apply neat (undiluted) to the area of discomfort. Great to use with arthritic, muscle, and joint pain.

MAKE A MOSQUITO SPRAY: Combined 1/2 cup witch hazel and 1/2 cup of apple cider vinegar (you can substitute vinegar with water, but vinegar will provide better protection). Add ten drops each of the following essential oils to the mixture cinnamon bark, tea tree, rosemary, lemongrass, and add 20 drops of Eucalyptus. Pour mixture into an 8oz spray bottle. Shake well spray over all portions of the body, but avoid eyes and mouth.

