

# Cinnamon

**Botanical Name:** *Cinnamomum verum* (or *C. cassia*)

**Family:** Lauraceae

**Energetics:** Warming, drying

**Taste:** Sweet, spicy, aromatic

**Actions:** Carminative, circulatory stimulant, antimicrobial, anti-inflammatory, digestive tonic

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## Overview

Cinnamon is a warming spice and herb that supports digestion, circulation, and metabolic health. It has a long history of use for gastrointestinal discomfort, blood sugar support, and as a flavoring in teas and culinary preparations.

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## Uses

### Internal Uses

- Digestive support for bloating, gas, and indigestion
- Blood sugar regulation and metabolic support
- Circulation enhancement
- Antimicrobial and anti-inflammatory effects

### External Uses

- Aromatherapy for circulation and warming
- Topical infusions for mild inflammation or muscle aches (diluted)

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## Medication Interactions

- May enhance effects of blood sugar-lowering medications
- May interact with anticoagulants (high doses)
- Use caution with liver-sensitive medications if using concentrated extracts

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## Contraindications

- Pregnancy: generally safe in culinary amounts; avoid high medicinal doses without supervision
- Children: safe in culinary use; caution with concentrated forms
- Allergies: monitor for sensitivity



## Caution & Safety

- Avoid high doses of cassia cinnamon long-term (coumarin content)
- Moderate intake internally
- Dilute topicals to avoid skin irritation

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## Herbal Pairings

### Blends Well With

- Ginger (warming digestive synergy)
- Cardamom (digestive and aromatic blend)
- Clove (circulation and antimicrobial support)
- Honey (soothing and antimicrobial)

### Avoid Combining With

- High-dose blood sugar-lowering herbs if already on medication without supervision

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## Possible Side Effects

- Mild skin irritation (topical)
- Allergic reactions in sensitive individuals
- Gastrointestinal upset in high doses

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## Forms & Dosage

### Tea / Infusion

- 1-2 tsp bark per cup water
- Steep 10-15 minutes
- 1-2 cups daily

### Tincture (1:5)

- 2-4 mL, 1-2 times daily

### Powder / Capsules

- 500-1,000 mg, 1-2 times daily

## Topical / Infused Oil

- Dilute 1–2% in carrier oil
- Apply to skin as needed

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## Notes

Cinnamon is a classic warming herb that supports digestion, circulation, and metabolic balance. Its versatility in culinary and medicinal preparations makes it a staple in herbal kitchens.

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