

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

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.

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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