

## QUICK REFERENCE SHEET

# CINNAMON

*Cinnamomum burmannii*



Part Utilized:  
Bark



### PROPERTIES:

Stimulant

### SYSTEMS AFFECTED:

Endocrine/Glandular (pancreas), Digestive

### POSSIBLE USES:

diabetes, infections, stomach and gastrointestinal upsets

### INGREDIENT IN:

COMP

### GENERAL INFORMATION:

Cinnamon, although considered a spice in modern times, has been used traditionally by many ancient cultures. It is indicated for a variety of ailments including gastrointestinal problems, urinary infections, and relieving symptoms of colds and flu. It also has remarkable antifungal and antibacterial properties. Some recent studies have shown that Cinnamon aids diabetics in keeping blood sugar levels within acceptable ranges.