

CINNAMON BERRY

Cinnamomum polyandrum



Plant Family:
Lauraceae



Extraction Method:
Steam Distilled



Part Utilized:
Fruit



Region of Origin:
Nepal

AFFINITY FOR:

circulation, digestion, muscles, nerves, joints, sacral chakra

THERAPEUTIC PROPERTIES:

analgesic, antibiotic, antiseptic, astringent, carminative, digestive, emmenagogue, relaxant, stomachic, nerve tonic, stimulant

AROMATIC CONSIDERATIONS:

The essential oil made from the berries of this cinnamomum species is a little bit milder than oil made from the bark of *Cinnamomum verum*. Care should still be taken with inhalation and diffusion. Cinnamon can be irritating to tender mucous membranes.

APPLICATION:

Cinnamon Berry should be diluted well when applied to the body. Application can be on the feet or directly on areas of pain or poor circulation.

! CAUTIONS:

Use cautiously if pregnant, when working with infants and children, or if your skin is particularly sensitive.

INGREDIENT IN:

LeFocus, LeSafeGuard, LeStefanie

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Cinnamon Berry is useful in treating stress related conditions such as headache, insomnia, indigestion, and nervous tension.

PHYSICAL ASPECTS:

Cinnamon Berry acts as a stimulant to circulation. Increased circulation can be beneficial for arthritis, muscle and joint stiffness, inflamed or painful joints and muscles, and sprains. Cinnamon Berry is said to improve appetite. Cinnamon Berry, like Cinnamon Bark, is antimicrobial, but is less caustic and irritating.

GENERAL INFORMATION:

Cinnamon Berry is sometimes referred to as Sugandha Kokila.