Cinnamon Berry

Cinnamon Berry is useful in treating stressrelated conditions such as headache, insomnia, indigestion, and nervous tension. Cinnamon Berry acts as a stimulant to circulation. Beneficial for arthritis, muscle and joint stiffness, inflamed or painful joints and muscles, and sprains. Cinnamon Berry is said to improve appetite. This is a very antiseptic oil. Milder than Cinnamon Bark, but should probably still be avoided by children and pregnant women.

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