



# Willow Moon Herbals



## Cinnamon

**Latin binomial:** *Cinnamomum zeylanicum*

**Description:** Cinnamon bark comes from a small tropical tree of the laurel family. The twigs and bark are harvested for tea and for extracting the essential oil. Cinnamon is available as a bulk tea, in tea bags, as an ingredient of tinctures and herbal formulas that are in capsule and tablet form, and as an essential oil.

**Uses:** Cinnamon has a rich history dating back 5,000 years when Arabs controlled the spice trade bringing cinnamon, from what was known then as the Spice Islands, to sell in Nineveh, Babylon, Egypt and Rome. Egyptians used cinnamon in their embalming rituals, the Romans used it as a love potion and valued spices as highly as gold, and Nero burned a year's worth of cinnamon in tribute to his dead wife. Even Moses used cinnamon in a holy oil to anoint the ark. By the 11th century spices were used in place of currency in many instances and during the spice wars that followed, control of cinnamon played a vital role. Cinnamon bark tea is a popular remedy for relieving the symptoms of colds, mucus congestion, and digestive problems. Cinnamon contains constituents called catechins, which help to relieve nausea, and this warming tea helps induce sweating, thus helping to clear a feeling of coldness. Cinnamon is astringent and can be effective for easing diarrhea.



**Dosage:** Make a light decoction by simmering 1 teaspoon of the bark for every cup of water for 10 min, then steep for 15 mins. Drink 1 cup, 1-3 times daily.

**Caution:** Cinnamon is a warming herb, so avoid the tea if you run hot all the time.

*Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal, www.wisageek.com*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

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