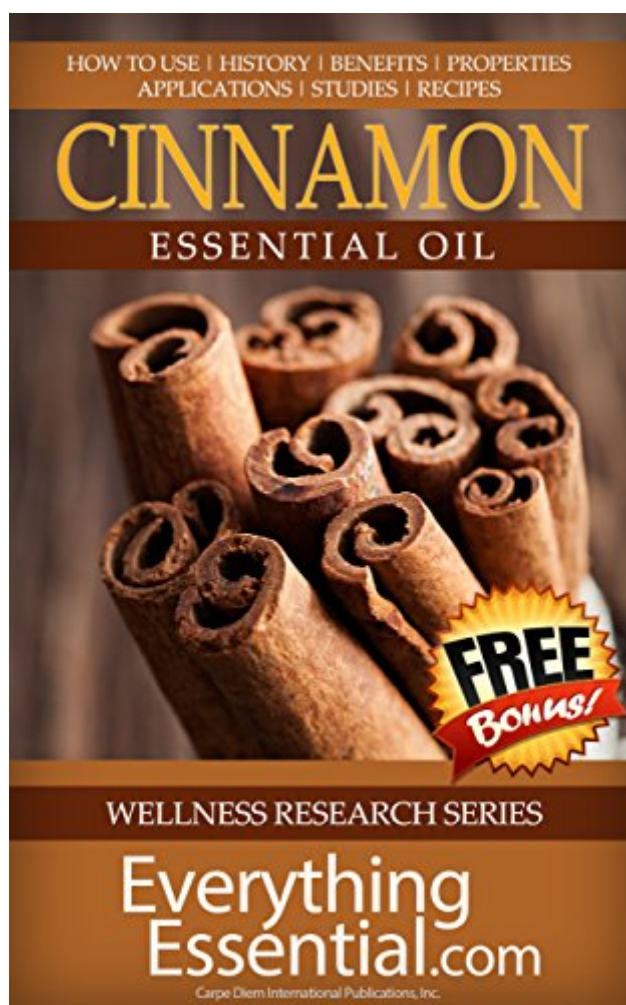


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# Cinnamon Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 5)



## Synopsis

Cinnamon oil offers a number of therapeutic benefits; but you may be wondering what these benefits are. In this chapter, weâ™ll take a closer look at the history of cinnamon and its many uses including safety precautions & common applications

**Main Properties of Cinnamon Essential Oil:**  
Antioxidant, Antibacterial, Antiseptic, Astringent, Antidepressant, Hypoglycemic, Antiviral, Antifungal, Anti-inflammatory, Emmenagogue, Expectorant, Digestive, Common Medicinal Uses, Skin Infections, Combating the Common Cold, Diabetes, Allergies, Candida Infections, Aiding in Digestion, Promoting Energy and more.

**Recipes for Cinnamon Essential Oil (Pure Supportive Recipes):** Airborne Bacteria, Aphrodisiac, Bacterial Infections, Body Warmth, Cooking, Diabetes, Diverticulitis, Fatigue, Fungal Infections, Immune Stimulant, Infection, Insect Bites/Stings, Mold, Pancreas Support, Pneumonia, Respiratory Issues, Typhoid, Vaginal Infection, Viral Infection

**Blends:** Alert Mist Spray, Chest Congestion, Diabetic Support, Energy Booster, Protective Blend, Fungal Infections, Gluten Intolerance, Immune-Boosting Spray, Immune-Boosting Topical Blend, Poison Ivy, Room Disinfectant, Stress-Reducing Massage Oil, Vapor Rub

**Cinnamon Essential Oil Studies Included:**  
Study 1 â€“ Antimicrobial Properties  
Study 2 â€“ Biocontrol in Fungal Contamination  
Study 3 â€“ Antioxidant Properties  
Study 4 â€“ Menstruation  
Study 5 â€“ Antibacterial Properties  
Study 6 â€“ Diabetes  
Study 7 â€“ Colon Cancer

Learn the history how Cinnamon Essential Oil has been used safely and effectively in this book.

## Book Information

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## Customer Reviews

Folks often complain, "I don't know where they get these ideas. The author offers no studies to prove his point." If you feel that way, this is the book for you. Mr. Shepherd documents his proof for all to see. I wasn't familiar with cinnamon essential oil before reading this book; I thought it just smelled great. This essential oil is versatile and less expensive than a prescription. The recipes were wide-ranging and valuable.

I found this eBook on cinnamon essential oils very helpful. It has such great information on the types, blends and also ailments that can be treated by using the essential cinnamon oil along with others....I will definitely stock up and use some of the recipes for certain types of ailments...â

I'm brand-new to essential oils and borrowed this and other titles in the ebook series to get a quick overview, using my Kindle Unlimited subscription. I'd found the big, hardcover reference EO books (like "Modern Essentials") to be a bit overwhelming. These titles focus on one oil at a time: thoroughly documented, straightforward, comprehensive but concise. I'll be returning this title and moving on to another tomorrow.

I wasn't aware of cinnamon oil until I read this book. It definitely has many uses, very well outlined by the author and backed by research in a concise, easy to read format. Hence I gave it 5 stars

Cinnamon oil does what this book says. Using cinnamon oil has lowered my husband's blood sugar. Why use chemicals when God gave us healing oils.

If you are an essential oil user, this is full of great information. Worth buying and adding to your library

Nice Oil. Scent is very nice for essential oil blends for diffusion around the holidays.

Cinnamon Essential Oil: This oil smells so good. I will for sure buy it again.

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