



Cinnamon Leaf

(*Cinnamomum zeylanicum*)
Stock #3898-6 (5 ml.)

Cinnamon leaf essential oil has a hot, spicy aroma that is warming and stimulating to the body, as well as the mind. Cinnamon leaf oil is used to enhance circulation; relieve pain and inflammation in muscles and joints; improve sluggish digestion and alleviate gastrointestinal ills; and combat infections and infectious diseases.¹⁻³

The main active ingredient in cinnamon oil is cinnamic aldehyde. Cinnamic aldehyde has repeatedly demonstrated strong growth-inhibiting activity against various bacterial strains. For example, in a study of 15 different essential oil components, cinnamic aldehyde demonstrated the most active antibacterial effects against food-borne *Staphylococcus sp.*, *Micrococcus sp.*, *Bacillus sp.* and *Enterobacter sp.* In fact, cinnamic aldehyde was shown to completely inhibit bacterial growth for more than 30 days at 86 degrees Fahrenheit (30 degrees Celsius). Cinnamic aldehyde has also exhibited significant antimutagenic effects against Salmonella, as well as strong antifungal activity against 10 fungal strains known to contaminate food.³⁻⁹

Cinnamon oil also contains eugenol, a powerful anti-inflammatory agent that inhibits prostaglandin E (PGE) synthesis—PGE can cause both local and systemic inflammation. A study conducted by German researchers found cinnamon oil and clove bud oil to have the strongest anti-inflammatory effects of all oils tested. Additional research shows that eugenol is also strongly anesthetic. Eugenol even demonstrates antiseptic properties against bacterial and viral infections. Given eugenol's activity, it is no wonder that cinnamon oil is effective for relieving muscle aches, arthritic pain and rheumatism. Cinnamon oil is also used topically to soothe the pain and inflammation caused by wasp stings.^{2-4,10-14}

Research has shown that cinnamon oil demonstrates a wide range of antimicrobial activity against a variety of pathogens (disease-causing organisms) that occur most frequently in common infectious disease, including Proteus, Enterococcus, Staphylococcus, Streptococcus, Pneumococcus, Neisseria, *Corynebacterium xerosa*, Klebsiella and Candida. In one study of 40 essential oils tested for their antimicrobial qualities, cinnamon oil was among the most effective, ranking third behind oregano oil and thyme oil.^{4,10}

Cinnamon oil is particularly useful against chills, colds, flu and infectious diseases such as *Streptococcus aureus* infection (common in coughs and colds). Cinnamon oil can be vaporized in the room (using just enough to produce a faint scent) to purify the air and bolster immunity.^{1,3,9,10}

In addition, cinnamon oil has demonstrated antifungal and antiparasitic activity. Researchers found that out of 13 essential oils tested, cinnamon oil was among the most active, inhibiting 80% of the dermatophyte (a fungus parasitic upon the skin) strains tested and producing "inhibition zones" more than 10 millimeters in diameter. Not surprisingly, cinnamon oil is used for both scalp and skin care to combat lice, scabies, ticks and fleas.^{2,3,10,15}

Cinnamon oil's stimulating properties make it useful for enhancing digestive function and counteracting enzyme deficiency. Cinnamon oil has been used to stimulate sluggish digestion, relieve dyspepsia (indigestion) and flatulence (gas), and counteract nausea. Individuals with anorexia may also benefit, since cinnamon oil can have a stimulating effect on appetite. Furthermore, cinnamon oil's antiseptic and anti-inflammatory properties may prove helpful for treating intestinal infections, colitis and diarrhea.^{1-4,14}

Furthermore, cinnamon oil has been used as an aphrodisiac and antidepressant; as a tonic for the nervous system to combat nervous exhaustion and stress-related conditions; and to combat lethargy and promote tooth and gum health.^{1,3,14}

Cinnamon leaf essential oil is relatively non-toxic, although individuals with highly sensitive skin or those who are prone to developing allergic reactions to certain oils may need to avoid use completely. Sensitive individuals who use cinnamon oil could develop contact dermatitis (a skin rash), often with serious complications, such as inflammation of the skin (possibly over the entire body) and shortness of breath. Thus, testing for individual tolerance before use is important—place a small amount of the oil on the inside of the elbow and wait 24 hours to be sure no allergic reaction appears. In all cases, cinnamon oil should be used sparingly, in the lowest recommended dilution. Cinnamon oil should not be used in steam inhalation, as it may cause irritation to the eyes, skin and mucous membranes. Cinnamon oil should not be used with children under 5 years old or during early pregnancy.^{1,3,4,10,14}

References:

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