Cinnamon

Warm Cinnamon Tea

To brew a proper cup of warm cinnamon simply steep ¼ teaspoon organic cinnamon powder ten minutes in 8 ounces purified water. Do not strain. Just stir before drinking.

Cinnamon Oil

To make cinnamon oil simply use one cup organic cinnamon powder in a pint sized mason jar. Slowly stir in 1½ cup organic extra virgin olive oil and carefully place the entire jar upright in a saucepan of cold water. Bring the water to boil over high heat then immediately reduce to low heat and maintain a simmer for 2 hours. Do not let the water boil out. Refill the pot with water as necessary. Allow the jar to cool completely before removing it from the pot. Strain the oil through a paper towel and funnel into an oil bottle. Store tightly covered in a cool, dark place. Remember to label and date your homemade oil.

Organic Cinnamon *(cinnamomum burmanii)* boosts brain activity, removes nervous tension and memory loss, improves attention span and memory, purifies blood, treats acne, helps to significantly reduce pain, leads to higher metabolic activity, significantly reduces the chance of suffering from a heart attack, is anti-inflammatory and recommended for arthritis, and helps in removing headaches that are caused by colds; has the ability to control blood sugar, is anti-fungal, antibacterial, antiviral, antiseptic, helps in destroying germs in the gall bladder and the bacteria present in staph infections, helps stop excess bleeding, protects against heart diseases, prevents coronary artery disease and high blood pressure, improves the health of the colon, and removes bad breath; aids in digestion, helps against indigestion, nausea, vomiting, upset stomach, diarrhea and gas, and reduces the effects of morning sickness.



Organic Cinnamon
(1 oz $3)
(4 oz $10)
(1 lb $36.02)

Organic Cinnamon is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

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