

# Benefits of Cinnamon Essential Oil

Benefits of Cinnamon Essential Oil include boosting brain function, helping blood circulation, controlling blood sugar, reduces joint stiffness, reduces symptoms of colds and flu, and provides pain relief.

The benefits of cinnamon essential oil are due to chemical compounds found in a group of plants of the genus *Cinnamomum*. The most popular plant species producing cinnamon essential oil include:

- *Cinnamomum cassia* (Chinese cinnamon)
- *Cinnamomum burmannii* (Indonesian cinnamon)
- *Cinnamomum verum* [Also know as *Cinnamomum zeylanicum*] (Sri Lanka cinnamon or Ceylon cinnamon)
- *Cinnamomum loureiroi* (Saigon cinnamon or Vietnamese cinnamon)
- *Cinnamomum tamale* (Indian cinnamon)

Some consider cinnamon from the plant *Cinnamomum zeylanicum* to be “true” cinnamon. But, Indonesian and Chinese cinnamon account for three-quarters of all the cinnamon use commercially. Adding in Sri Lankan and Vietnamese cinnamon we account for 99% of all commercial cinnamon.



Photo by [CINNAMON VOGUE](#)



There are two types of cinnamon essential oils. The most popular is reddish-brown and is produced from the bark of the cinnamon shrub.

Another type is more yellow and is produced from the leaves of the cinnamon shrub.

Almost all cinnamon essential oil is the reddish-brown type produced from the bark.

## **Benefits of Cinnamon Essential Oil**

Cinnamon essential oil is now used worldwide as an herbal treatment for various health conditions. Among these conditions are:

- Reduce stiffness of muscles and joints by reducing inflammation
- Improves cognitive functions
- Thins blood to improve blood circulation
- Antiseptic properties help wounds heal
- Antioxidant activity helps remedy skin conditions like acne
- Decongestant properties helps alleviate symptoms of cold, flu, and sore throat
- Regulates blood sugar to support insulin activity
- Reduces intestinal gas helping with stomach problems like indigestion
- Helps reduce irregular menstruation

## **Compounds Providing the Benefits of Cinnamon Essential Oil**

Cinnamon essential oils contain around 80 aromatic compounds, but only a few are important. One analysis from the article [Antimicrobial activity of cinnamon \(\*Cinnamomum zeylanicum\*\) essential oil and its main components against \*Paenibacillus larvae\* from Argentina](#) in the journal *Bulletin of Insectology*

showed the major compounds to be:

- cinnamaldehyde (79.3% w/w)
- eugenol (11.9% w/w)

Another analysis from the article [Composition, antimicrobial activity and in vitro cytotoxicity of essential oil from Cinnamomum zeylanicum Blume \(Lauraceae\)](#) in the journal *Food and Chemical Toxicology* show the major compounds to be:

- (E)-Cinnamaldehyde 68.95%
- Benzaldehyde 9.94%
- (E)-Cinnamyl acetate 7.44%
- [Limonene](#) 4.42%
- Eugenol 2.77%

As with most essential oils, differences in the environment (including nutrients in the soil) and the methods of extraction will produce differing levels of these compounds.

## Cautions

Cinnamon helps blood circulation by thinning the blood, so it should not be used by those with hemophilia or those on anticoagulants. Keep the oil away from mucus membranes. Do not use if you have kidney disease, liver disease, prostate cancer, or are pregnant. Can cause skin irritation, so test on a small area to see if you are allergic. Should not be used by children under 6 years of age.

## Benefits of Cinnamon Essential Oil

In this video, Dr. Axe talks about the history and benefits of cinnamon essential oil:

Hey guys. Dr. Axe here, founder of draxe.com and doctor of natural medicine.

In this video I'm going to talk to you about all of the many

uses and benefits of cinnamon essential oil. And cinnamon oil has been used for thousands of years. I think you're going to learn some surprising facts you didn't know about cinnamon oil in this video and some great ways to use it for the benefit of your health.

First off, cinnamon essential oil has been used since the times of the Bible. In fact, it's one of the most referenced essential oils in the Bible because it was part of the holy anointing oil. During Biblical times they made something called the holy anointing oil, which included cinnamon oil, cassia oil, calamus, myrrh, and olive oil. And when somebody was sick, what they would do is they would pour this oil over their heads. So you may have heard it anoint their head with oil. That was the holy anointing oil that was used during religious ceremonies, but also used for when they needed healing. They would go to the priest, have them pray for them for healing, and then they were anointed with oil.

So we know cinnamon oil has been used for probably over 5,000 years. It's also referenced in Egyptian medicine, Chinese medicine, Greek medicine. Cinnamon oil, one of those truly unique essential oils for those benefits.

Now cinnamon oil contains a compound called cinnamaldehyde, which makes up about 60-70% of cinnamon oil. And this compound has been shown to be beneficial for so many things, but I want to also give you the equivalent of it in powder form.

Typically one drop of cinnamon oil is the equivalent to one-third of a teaspoon of cinnamon powder. So keep that in mind.

And there are five main uses and benefits I want to talk about, how you should start using cinnamon oil.

## **Benefits of Cinnamon Essential Oil 1: Balance Blood Sugar**

Number one is to help balance your blood sugar. Medical

studies have shown that cinnamon oil helps with something called GTF, Glucose Tolerance Factor, in balancing out your insulin levels. So whether you're a type-1 or type-2 diabetic or have syndrome X, or any of those issues, or hypoglycemia, cinnamon oil is something you want to add into your daily regime.

Now with cinnamon oil, you can simply diffuse it around your home. That's one of the great ways to get the benefits. Or you can carry it in your purse if you're a female, or male and just keep it in your car. And just smell it every so often. You can gain benefits that way.

Now, under the care of a natural health provider you can do it internally. Now, again, you don't want to go overboard with this. More isn't better.

But one single drop of a pure, high-quality, therapeutic graded, organic cinnamon oil can have benefits. And if you use cinnamon oil, always use it with food. But you'll just do one single drop. That's the equivalent of one-third a teaspoon of cinnamon powder. You don't need more than that. One single drop in a smoothie or one single drop in some apple sauce.

But that's how you would use it if you're going to use it internally, but also you can gain many of the benefits of cinnamon oil by just diffusing it and smelling it in that way.

But again, it is incredible for your blood sugar levels and for insulin levels.

## **Benefits of Cinnamon Essential Oil 2: Antimicrobial Properties**

The number two reason to use cinnamon oil is because of its antimicrobial properties. Now my wife and I, Chelsea, we use it when we clean our house. We do a mixture of cinnamon oil with wild orange oil, and we diffuse that in our house. We actually put it in a spray bottle with water and we use it to

spray down our stainless steel appliances, our granite countertops. The smell is just amazing. Again, that cinnamon with that wild orange oil mixture together has such a clean smell and it's great, especially around the holidays because of the great smell. But again, it's antimicrobial in nature. A great thing to use around the house for cleaning, as well.

### **Benefits of Cinnamon Essential Oil 3: Antioxidant Properties**

The third reason you should be using it it's one of the most antioxidant rich oils on the planet. It falls in line number two, only behind clove oil. But cinnamon oil is very high in antioxidants, and for that reason can protect your body against free radical damage. And in that way, again, just defusing it around your house is a great way to use it on a regular basis.

Also, you can use it in a toothpaste because of its antimicrobial properties, jumping back a little bit, but I'll do a mixture of just a little bit of cinnamon oil with other types of oil, such as sometimes a peppermint oil. Mix it with baking soda, coconut oil, and use it as a toothpaste. It's great for cleaning your teeth and for the health of your gums.

### **Benefits of Cinnamon Essential Oil 4: Supports Weight Loss**

The number four reason to use cinnamon oil is because it may support weight loss. We know that cinnamon itself, because of its ability to balance out insulin and prevent blood sugar spikes, is good for that reason. So again, cinnamon can also reduce sugar cravings and has a little bit of sweetness to it. So if you struggle with cravings for sweets and sugar, adding cinnamon to some recipes . . . in fact I did a little cinnamon oil, just a drop, in a carrot soup I did. A lot of times I'll do it when I do cinnamon pancakes for breakfast and even in a smoothie if I do a

cinnamon apple smoothie. But cinnamon oil is great for supporting weight loss.

Again, just one single drop once to twice daily is all you need.

## **Benefits of Cinnamon Essential Oil 5: Improves Energy Levels**

And then last, but not least, cinnamon is fantastic for your energy levels. I'll do that with some peppermint oil. I'll defuse that if I'm getting ready for a workout. Also, you might be this person to where sometimes your energy level is up and down during the day. Cinnamon helps with that glucose tolerance factor and those insulin levels to keep your energy going strong all day long. So again, using cinnamon oil, whether it's defusing it or, again, a single drop internally is important.

## **Therapeutic Grade, Organic Cinnamon Essential Oil**

And by the way, when you're buying essential oils, make sure you're buying therapeutic oils. Ideally that are organic in terms of their standard, but again getting a good quality essential oil is important because there's a lot of junk out there. You want to buy it from a reputable company, and there are several out there, but again making sure you're getting a high quality essential oil there, as well. And by the way, you can get something called C02 cinnamon oil, which is a C02 extract which is found in actually many brands today, of supplements, have that type of cinnamon oil in their supplement.

So again, cinnamon oil C02 extract is probably the best if you're going to do it internally, and C02 essential oil probably the best essential oil to use if you're going to be defusing it in your home or using it as a spray cleaner for those types of things. So again, cinnamon oil has so many benefits and uses.

I recommend to add it into your essential oil medicine cabinet on a regular basis.

And by the way, I have a free guide on how to use many essential oils, including frankincense and peppermint and lavender and cinnamon, on my website. If you go to [draxe.com](http://draxe.com), that's D-R-A-X-E.com. Just look up essential oils or look up Dr. Axe Essential Oils Guide, and I have a free guide that's a downloadable PDF that goes through all of these benefits and much, much more on the many uses and benefits of essential oils.

Hey guys, I hope you've enjoyed this video. This has been me, Dr. Axe, talking about cinnamon oil.

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