
TOP 10 USES FOR CASSIA OIL

- 1. Supports Healthy Insulin Response:** 5 drops Cassia 4 drops Coriander 3 drops grapefruit. Mix in an empty gel capsule. Take before every meal.*
- 2. Warming:** Dilute and massage to cold hands and feet. Wear cotton socks after the massage. Consider doing 4 drops Cassia, 4 drops Frankincense, 6 drops Lavender; gently blend and apply to bottoms of feet and put on cotton socks. *
- 3. Digestion:** Add a few drops of Cassia in a veggie capsule and take internally. Drink water. You can add Cassia to other digestive oils too.*
- 4. Clean Air:** Cassia has powerful germ-destroying and purifying properties. Add a few drops into your diffuser.
- 5. Immune Boosting for Seasonal Changes:** Apply to the bottoms of the feet for 21 days in a row; Cassia 5 drops, Cypress 9 drops, Basil 7 drops, White Fir 5 drops, Lavender 5 drops, Lemon 8 drops in a roller bottle.*
- 6. Supports Cartilage and Joint Function:** Cassia 4 drops, Patchouli 2 drops, Fractionated Coconut Oil 12 drops; gently blend and apply to painful areas several times a day – drink water.
- 7. Fatigue:** Cassia 2 drops, Lime 4 drops add to an empty capsule and ingest twice a day for about two weeks.*
- 8. Wrinkled Skin on The Back of Hands:** Cassia 4 drops, Myrrh 3 drops, Sandalwood 2 drops, Patchouli 2 drops, Lime 6 drops; gently blend and apply morning and night; also excellent for problem cuticles.
- 9. Water Retention:** 2 drops of Cassia in a capsule or dilute with fractionated coconut oil and apply topically on the bottom of your feet.
- 10. Balance Sex Drive:** Like Cinnamon, Cassia can balance sexual desires. Add to your favorite oils and diffuse.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

