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# TOP 10 USES FOR CINNAMON OIL

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- 1. Supports Healthy Metabolic Functions:** Cinnamon will help balance your appetite. Add a few drops in a capsule 2 to 3 times a day.
- 2. Post Trauma Support:** Cinnamon 2 drops, Balance 3 drops, Geranium 3 drops, and Fractionated Coconut Oil 16 drops. Rub on feet.
- 3. Seasonal Purifying of the Circulatory System:** Dissolve a teaspoon of honey with oils in water, add 1 drop Cinnamon, 2 drops Citrus Bliss, 2 drops DigestZen, and 2 drops Melaleuca; let stand for 10 min and sip.\*
- 4. Seasonal or Environmental Threats:** Cinnamon 4-6 drops in a diffuser to assist in breathing. It helps support the immune system, especially when seasonal threats are high.\*
- 5. Intestinal & Colon Support:** Cinnamon 2 drops, Lavender 2 drops with the unscented hand and body lotion or Fractionated Coconut oil and rub around the core of your abdomen, apply often.
- 6. Overeating Blend:** Cinnamon 2 drops, Coriander 2 drops, DigestZen 2 drops, Fractionated Coconut Oil 10 drops. Gently blend and then apply to feet starting at the heel and move up to toes.
- 7. Hands and Feet Warmer:** Cinnamon 2 drops, Lavender 4 drops, Lemon 5 drops, Fractionated Coconut Oil 10 drops.
- 8. Cinnamon Tea for All Seasons:** Boil water and let cool a little, to 1 tablespoon of honey add 1 drop of Cinnamon and then stir into hot water and inhale and then sip for comfort and happy organs throughout.
- 9. Pancreas & Insulin:** 2 drops Coriander, 2 drops Grapefruit, 2 drops Cinnamon Bark, 1 drop Juniper Berry. Mix in an empty gel capsule. Take internally before meals.
- 10. Sweetness and Acceptance:** Cinnamon 2 drops, Clary Sage 4 drops, Sandalwood 2 drops, Frankincense 3 drops, Fractionated Coconut Oil 20 drops. Apply all over your body before you dress, and say the words, "I love and accept my beautiful body and my wonderful life."

\*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.

