



## Stimulating Senses with Cinnamon by Carla Berg

There are a variety of ways to use cinnamon spice holistically. Below are just a few examples, along with how they can stimulate our five basic human senses. Within each category, the tincture process is explained, and then a medicinal use is listed as it correlates with our senses.

**Sight:** The cinnamon bark, derived from being peeled off an evergreen tree, curled into flavorful, long tubes looked delicious with their nice brownish red color. I knew this would be a popular tincture choice to have around this fall!

Just look at the cholesterol charts... as stated in *The Natural Physician's Healing Therapies* book, research has shown that some people have benefited with great improvements on triglyceride, low-density lipoproteins (LDL) and total cholesterol numbers after at least 40 days of 1-6 grams of cinnamon consumption. Additionally, the anti-oxidants found in cinnamon can increase cell functions by reducing free radicals.

**Smell:** To open the lid and allow the bitterly sweet aroma to stimulate the sense of smell... so delightful! Cinnamon is a pleasant reminder of the holiday get-togethers with essential oil scented potpourri and homemade cinnamon rolls baking in the oven...yum!



Therapeutically as a carminative, cinnamon can help prevent flatus, or help facilitate with the expulsion of said flatulence. So, please; go ahead and breathe!



**Touch:** Cutting the seemingly sturdy bark with regular kitchen scissors was a much simpler step than I had anticipated. The tubes quickly became chips that could easily be ground into powder. I mostly enjoyed the powerful fragrance left behind on my hands once preparations were completed.

As a warming remedy, cinnamon is known to enhance and stimulate the circulation by expanding blood vessels, a vasodilator, therefore bringing a warming sensation, especially in the hands and feet.

**Sound:** The sound of the coffee bean grinder as it turned small fragments of cinnamon bark into a powder combined with the anticipation of smelling freshly ground cinnamon was music all itself. Need I say more!

The sound of a stomach growling can be appreciated for those who have lost their appetite. For digestive issues, reach for the cinnamon, as it can stimulate the process of digestion and promote intestinal mobility to help get things moving and restore the appetite.



**Taste:** After two weeks of daily shaking, it's finally time for a taste test. I added three milliliters of tincture to a hot cup of black tea... and it was perfect, especially for this cold and rainy day.

If you feel a cold coming on, tantalize the taste buds with for cinnamon twig, as it has been used to treat the common cold, and other upper respiratory tract infections with its anti-catarhal, anti-inflammatory and anti-viral properties. It has also been used as a febrifuge...to reduce fever.

**Ingredients:** Five cinnamon bark sticks - ground into 20 grams and 100 milliliters of 40% alcohol (80 proof) vodka for the menstruum; 1:5 tincture (weight/volume).

**Process:** The cinnamon powder and menstruum was poured into a four ounce sterilized jar and placed in a dark cupboard to macerate. The batch was shaken at least one time per day for 14 days and nights. Although the jar was full and very little room left for air space, no extra menstruum was needed.

Next, the liquid extract was filtered with unbleached, 100% no-dye cotton. Using a sterilized plastic funnel, the liquid extract was strained into a two ounce sterilized amber bottle. The marc was placed into a compost bin, after every last drop was gently squeezed out.

Once stored in a cool, dry place with a tightly fitted cap, it will be preserved for years.

**Dosage:** Cinnamon is well tolerated. 3-6 milliliters of tincture can be taken three times daily. Those taking diabetes medications may require a lower dosage since cinnamon may reduce their glucose levels. Extremely high amounts may have blood-thinning effects, although unlikely. Pregnant women and nursing mothers should avoid cinnamon supplementations.

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