PERFECT HERBS

Herb Monograph Latin Name: Cinnamomum cassia

Common Name: Cassia Cinnamon, Rou Gui

Primary Action	Antioxidant
Secondary Actions	carminative, emmenagogue, analgesic, cardioprotective, immunomodulator, hemostatic, anti-inflammatory
System Affinities	gastrointestinal, circulatory, CV, female reproductive, endocrine
Conditions Treated	Digestive concerns, chronic diarrhea, edema, fluid retention, dysmenorrhea, poor circulation, vertigo, diabetes
Constituents	Terpenoids, phenylpropanoids, glycosides, lignans, lactones
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	1 g to 5 g
Parts Used	bark or twig
Can Be Substituted With	N/A
Pairs Well With	N/A



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