PERFECT HERBS

Herb Monograph Latin Name: Cinnamomum zeylanicum

Common Name: Ceylon Cinnamon, Gui Zhi

Primary Action	carminative
Secondary Actions	circulatory stimulant
System Affinities	digestive, vascular
Conditions Treated	Digestive concerns, chronic diarrhea, edema, fluid retention, dysmenorrhea, poor circulation, vertigo, diabetes
Constituents	aldehydes
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	1 g to 8 g
Parts Used	bark or twig
Can Be Substituted With	Zingiber officinalis (ginger)
Pairs Well With	Poria cocos for warming weak digestion - loose stools and Ginkgo biloba for circulatory formulas



Disclaimer: This information is provided for educational purposes only.