



**Nature's Sunshine Products
Distributor - Sheila Strain**

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Cinnamon oil is a warm essential oil that stimulates digestion and circulation. It is helpful for easing #digestive upset such as colitis, diarrhea, nausea and vomiting.

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<https://www.naturessunshine.com/us/product/cinnamon-leaf-5-ml-15-off--101---1031/19139/?sponsor=18780825>

Cinnamon has a calming effect on the nerves, and helps improve energy while overcoming feelings of depression and anxiety.

(The above is an excerpt taken from the book by Steven Horne and Kimberly Balas: The Comprehensive Guide to Nature's Sunshine Products.)

#Cinnamon is one of my favorite scents for Fall.



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