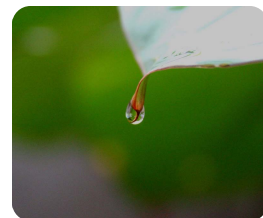


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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CASSIA - "CHINESE CINNAMON OIL"

There was a man of Uz, whose name was Job. He had 7 sons and 3 daughters and was the richest man of that time. The LORD said to Satan, "Have you considered My servant Job, that there is none like him in all the earth, a blameless, upright man who fears God and shuns evil?" And Satan answered, "Does Job fear God for nothing? Take away all he has and he will curse You to Your face." So the LORD allowed Satan to bring grievous trials to Job - the loss of his children, all his herds, most of his servants, and his health. Added to that was his friends (miserable comforters) who said the trials came because of sin. Well, the end result was that Job never cursed God and God tweaked his character into more righteousness; and after praying for his friends, God restored his health, doubled his wealth and granted him 7 more sons and 3 more daughters. Now, my whole point in recounting history is the three daughters granted Job after his trials. They were the most beautiful in all the land. The second daughter's name was Keziah, which in Hebrew means oil of Cassia. Interestingly, Cassia, a grounding oil, brings awareness of abundance and prosperity, which, as you see, Job received after his time of trials.

Cassia is one of the oldest oils. It was mentioned in one of the oldest medical records, Ebers Papyrus (16th century B.C.) an ancient Egyptian list of 877 prescriptions and recipes. Used medicinally in China for thousands of years and first recorded there during the Han Dynasty (200 BC - 200 AD) as a non-toxic herb. It was a key ingredient in Hebrew temple holy oil and was used to anoint the priests and all the articles and instruments in the temple. Cassia is extremely anti-bacterial, antiviral, and antifungal and so helped inhibit illnesses and disease in the temple and among the Israelites. The Israelites also used it with myrrh and aloes (sandalwood) as an oil of gladness perfume. (Psalm 45) Cassia is anti-inflammatory, an anticoagulant, and supports the immune system against colds and flu. It is very hot oil, tasting like a fireball. (Chris Leach of the Newark Valley Wine and Spirits said whiskey was used to make fireballs. I never knew that - could've used Cassia oil!)

The Chinese use Cassia to treat cold hands and feet, weak pulse, headache, lumbago, aching knees, wheezing, shortness of breath, menstrual pain, amenorrhea, and abdominal pain with vomiting. It has also been used for chronic diarrhea and abdominal pain resulting from stomachache and intestinal upsets, colic, rheumatism, high blood pressure, kidney conditions, fungal infections (ringworm and candida), atherosclerosis, and arteriosclerosis, body aches. It is best used with thick oil like myrrh or in massage oil. May be taken internally - 1 drop in 2 tsp. Honey or in 8 oz. soy, rice or almond milk.

With "warmest" regards and for a Happy New Year,

Joanna