

HOME PAGE	TODAY'S PAPER	VIDEO	MOST POPULAR	TIMES TOPICS	Get Home Delivery	Log In	Register Now	TimesPeople
-----------	---------------	-------	--------------	--------------	-------------------	--------	--------------	-------------

**The New York Times** Search All NYTimes.com

**Health**

WORLD	U.S.	N.Y. / REGION	BUSINESS	TECHNOLOGY	SCIENCE	HEALTH	SPORTS	OPINION	ARTS	STYLE	TRAVEL	JOBS	REAL ESTATE
-------	------	---------------	----------	------------	---------	--------	--------	---------	------	-------	--------	------	-------------

**AUTOS**

RESEARCH   FITNESS & NUTRITION   MONEY & POLICY   VIEWS   HEALTH GUIDE

[Get Your "Six Sigma" Certification](#)

[Advertise on NYTimes.com](#)

**Search Health** 3,000+ Topics

---

REALLY?

## The Claim: Cinnamon Oil Kills Bacteria.

By ANAHAD O'CONNOR  
Published: September 7, 2009

**THE FACTS**

[Enlarge This Image](#)



In a country obsessed with germs and sickness, antibacterial soaps and sanitizers are becoming more and more common. But because such products contribute to the growing problem of [antibiotic-resistant](#) bacteria, some researchers recommend sanitizers made with cinnamon oil, which has been shown in many studies to have powerful antimicrobial properties.

[A recent study](#) by a team of surgeons, for example, found that a solution made with cinnamon oil killed a number of common and hospital-acquired infections, like streptococcus and methicillin-resistant Staphylococcus aureus, or [MRSA](#). The study found it was just as effective as several antiseptics widely used in [hospitals](#). [Another study by French researchers](#) in 2008 had similar results, showing that at concentrations of 10 percent or less, cinnamon oil was effective against Staphylococcus, E. coli and several antibiotic-resistant strains of bacteria.

Dr. Lawrence D. Rosen, a pediatrician in New Jersey who dispenses natural health advice on his blog, [wholechildcenter.org](#), recommends a tried-and-true recipe for homemade hand sanitizer called thieves oil. "I add cinnamon bark, lemon oil and eucalyptus," he said, adding, "The recipe goes back to the Middle Ages, where it was used by these thieves who would go around stealing jewelry from dead bodies, and they never got sick."

Cinnamon oil, when applied topically, is generally safe. But in some people it can cause an allergic reaction.

**THE BOTTOM LINE**

Cinnamon oil has antiseptic properties. ANAHAD O'CONNOR  
[scitimes@nytimes.com](mailto:scitimes@nytimes.com)  
[scitimes@nytimes.com](mailto:scitimes@nytimes.com)

SIGN IN TO RECOMMEND

---

SIGN IN TO E-MAIL

---

PRINT

---

REPRINTS

---

SHARE

---

ARTICLE TOOLS SPONSORED BY



**Answers About Swine Flu and Kids**  
September 7, 2009, 4:33 PM

**The Confusing Diagnosis of Osteopenia**  
September 7, 2009, 4:31 PM

**Does Birth Order Matter?**  
September 7, 2009, 3:12 PM

**Electronic Stimulators for Tired Muscles**  
September 4, 2009

**Taking Pesto Beyond Pasta**  
September 4, 2009

---

**Travel Deals E-mail newsletter**

Sign up for travel deals and discounts on airfare, hotels, transportation and more!

[See Sample](#) | [Privacy Policy](#)

---

[The latest in sports supplements and nutrition.](#)

[After 20 Years I Finally Stopped Smoking Tobacco](#)

[Find Jobs: Search millions of jobs now!](#)

[advertise here](#) [Advertise on NYTimes.com](#)

---

**Health & Fitness Tools**

**BMI Calculator**  
What's your score? »



**What you need to know about diabetes**

LEARN MORE »

[nytimes.com/health](http://nytimes.com/health)

---

**MOST POPULAR - HEALTH**