

CAYENNE PEPPER

What is Cayenne Pepper?

Cayenne pepper powder comes from red hot chilli peppers. They are dried then ground and sifted to make the spice known as cayenne pepper. Cayenne pepper is made up of about 26 different nutrients including zinc, selenium, calcium and magnesium. It also contains vitamins such as vitamin A and vitamin C.

The Benefits of Cayenne Pepper

When it comes to cardiovascular health, there's not much that can top cayenne pepper's highly coveted claims. **It can stop heart attacks in progress**, nourishes the heart with vital nutrients, removes plaque from the arteries, improves circulation, rebuilds blood cells, lowers cholesterol, emulsifies triglycerides, removes toxins from the bloodstream and improves overall heart health.

Cayenne pepper stimulates blood flow in digestion, enabling it to promote blood circulation and carry other nutrients to cells more efficiently.

Cayenne pepper has been used for a variety of ailments including heartburn, gout, paralysis, fever, dyspepsia, flatulence, sore throat, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever, diphtheria, breaks and moves congested mucus, is anti-fungal, relieves allergies, stimulates the digestive tract increasing the flow of enzyme production and gastric juices. It is anti-inflammatory, prevents formation of blood clots, helps stop the formation of tobacco-induced lung tumors and liver tumors.

As a poultice, cayenne has been used to treat snake bites, rheumatism, inflammation, sores, wounds and lumbago.

- Aids digestion, even helps eliminate ulcers
- Stimulates the liver and helps heal the gall bladder
- Kills prostate cancer cells and shrinks tumours
- Anti inflammatory and eases arthritis
- Shrinks hemorrhoids
- Topical application on open wounds stops bleeding
- Emulsifies triglycerides
- Anti fungal, promotes waste elimination

Start by taking ¼ teaspoon in water or juice, or sprinkle directly on food. Increase dose to 1-2 tspns. Take as often as you desire.