

# *Cayenne Pepper*

MIRACLE HEALERS FROM THE KITCHEN



*Sharon Daniels*

**Cayenne Pepper**  
Miracle Healers From The Kitchen

By  
Sharon Daniels

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## Introduction

**"If you master only one herb in your life, master cayenne pepper. It is more powerful than any other."** – Dr. Richard Schulze, Medical Herbalist from [herbdoc.com](http://herbdoc.com).

Hats off to you! You've just plunged into a wealth of information that *hardly any professional doctors* have a clue about. Get ready to relish in the brilliance of the kitchen miracle that surgeons shun and doctors disgrace.

A sea of unknown, unrevealed information awaits you. This book will act as your guide, so that you will soon be able to harness the full power of cayenne – the herb I once took for granted, and the herb that I now owe my health.

Everyone out there seems to be promoting good health. Well, that's great. Good health is something that *needs* to be promoted.

But the media is going about this *the wrong way*.

You need herbs, not drugs. You need nature, not synthetics. You need to use the proven, natural, side-affect-free healers that the earth is full of, not the clear, cold liquids that scientists processed through a test tube.

If I had the time, I'd drive from house to house, shaking people out of their beds and telling them to wake up to the miracles of cayenne. But I can't, so I've got the next best thing.

This report, which I've been compiling for a while, is brimming with the fiery brilliance of cayenne and all that I've found out about it.

For example, cayenne has been known to cure 17 big diseases. It has been known to stop a heart attack in a matter of minutes. It can sharpen your vision better than the most powerful contact lenses available. It can expand your arteries like anything, giving the blood room to really flow and travel everywhere, from your arms (giving you strength) to your brain (giving you better brainpower). It can cure arthritis and much, much more

**If your heart can't pump enough blood to a certain area, take cayenne pepper.**

Because if you're on prescription medications, you could take up to a year (or more!) to heal. But if you take cayenne, you could cut it down to a month or two.

Did you know that if you take garlic in the right proportions, you can bring your blood pressure back to normal in three months?

**Well, if you add cayenne, you could cut that down to three days.**

Cayenne can unclog your kidneys and your sinuses, allow you to breathe freely and restore broken, bleeding gums to normal.

Cayenne, in short, is a kitchen miracle.

I owe my health to cayenne. I hope that by reading this report, you soon will too.

## What is Cayenne pepper?



Cayenne pepper is a spice made from red hot chili peppers. You've probably seen it in the spice section of the grocery store. You might even have it on your kitchen spice rack. Unless you regularly cook spicy meals, it might be a spice you don't use often. Stop and take a look. This is one little spice you don't want to pass up. With cayenne pepper, adding more spice to your life can improve your quality of life.

Cayenne pepper does more than just spice up your food. It is a medicinal wonder, with high concentrations of healing properties. Taken as a healing tea, or tincture, or in capsule form, cayenne pepper brings health to all parts of your body. It is helpful for a variety of health needs and it's a useful daily supplement. Because it also makes food more flavorful, you can take it as a daily supplement and then get even more of its benefits through your meals.

Known scientifically as *Capsicum annuum* (the North and South American variety) or *Capsicum fastigiatum* (the African variety). Cayenne pepper taken in powder form is more potent for your health than just eating the peppers. The powder concentrates the healing properties. A little cayenne powder goes a long way.

Cayenne powder is made from the fleshy part of the peppers, which are dried or baked, then ground and sifted. Cayenne powder even looks potent. Look closely, and you'll see a shiny golden vitality with many subtle hues. Sprinkle it on your food, and you can already see it bringing the nutrients in the food to life. Taste it, and you'll know it's about to go to work for your health in a big way.



## Where Does Cayenne Pepper Come From?



On the northeast coast of South America, between Brazil and Suriname, lies a country known as French Guiana, officially an overseas department of France. Nestled at the edge of the Amazon River Basin, washed by the Atlantic Ocean currents and fed by many rivers, French Guiana is a beautiful land of forests, animals, and abundant life derived from the land. In this place of natural beauty and ancient cultures, on the banks of the Cayenne River, is French Guiana's capital city of Cayenne. This is the origin of the name we use now for cayenne pepper.

It is thought that the specific variety of red hot chili peppers known today as cayenne pepper was first cultivated in and around French Guiana. It is commonly thought that the name derives from the Tupi word, "kyinha," while the scientific name for this pepper, *Capsicum*, is derived from the Greek word, "kapto," meaning "to bite."

The first European visitors to the New World noticed that hot chili peppers were widely consumed by the peoples of the Americas – both as a staple and as a source of vitality. These cultures valued hot chili peppers as a food that both prevented illness and brought quick relief from ailments and injuries. The benefits of chili peppers were well known among the Aztecs and the Mayans, who also mixed the hot peppers with chocolate – a practice that has become popular again today, as a taste treat and for healing.

While the oldest recorded use of red hot chili peppers as food and medicine was in the early Americas, cayenne pepper soon became prevalent all over Asia and the Pacific as well, from the mountains and steppes of central Asia into northeast Asia and throughout the Pacific coastal regions and islands, including Polynesia. For the Hunza population of Asia Minor, cayenne peppers are still consumed as the main part of every meal. The health and longevity of this population is phenomenal.



The African variety of cayenne pepper (*Capsicum fastigiatum*), also known as African bird pepper and Guinea pepper, is from a plant that is slightly different from, yet closely related to, the American variety (*Capsicum annuum*). The African pods can be a mixture of red and yellow, in a smaller size than the American variety, and often with a sharper bite. Both varieties contain high concentrations of life-supporting properties that benefit the entire body, even while they spice up your meals.

We can look at the history of cayenne pepper, and the people who have known it well and consumed it daily throughout history, and realize this is not a plant to be overlooked. Cayenne pepper is a gift to life. Today, cayenne pepper, in its powder and other forms, is produced and used worldwide as a cooking spice and as a must-have in the medicine cabinet of every home.

In the next section, we will look at all the healing properties of cayenne pepper and the general effect on the body. After that, we will look at how cayenne pepper is used to bring healing in specific illnesses and conditions. Then we'll talk about ways to add cayenne pepper spice to your health and life.

## **Cayenne Pepper - A Gift To Your Health**

Cayenne pepper is a gift to your health. This little spice contains such high concentrations of so many healing properties that it helps your body in many different and overlapping areas. Cayenne pepper gets an A+ report card on a wide range of health benefits. Let's look first at some of its healing properties. Then we'll see how cayenne pepper contributes to the healing of specific conditions and to the overall health of specific areas of the body.

Cayenne pepper contains significant amounts of the following vitamins and minerals:

**Vitamin A** – Cayenne pepper has high concentrations of Vitamin A as beta-carotene, an antioxidant. Vitamin A contributes to the health of the tissues and mucous membranes that line the sinus cavities and digestive tract, contributing to the important functions of secretion, absorption, protection, transport and sensation. Vitamin A is important in immune function and in healthy eyes and vision. Beta-carotene also helps to eliminate free radicals to create an internal environment that is less conducive to cancer.

**Vitamin C** – Cayenne pepper also contains Vitamin C, which in addition to Vitamin A works to boost the immune system. Vitamin C also helps to minimize the effect of cold and flu symptoms. In addition to the immune system benefits of Vitamin C, which are perhaps its best known benefits, this vitamin also contributes to the health of body tissues and skin, and promotes faster healing of wounds; it helps with respiratory and heart health; it promotes the health of the eyes and helps with blood sugar balance; and it also serves as an antioxidant. Cayenne pepper not only contains Vitamin C, but it also amplifies the effects of Vitamin C, including all forms of Vitamin C taken in through your daily diet, for maximum benefit in all of these areas.

**Vitamin B complex** – Vitamin B complex contributes to a number of vital functions in the body, including production of energy, metabolism, cell division, healthy nerve function, health of skin, hair and muscles, and immune system strength. Cayenne pepper is filled with Vitamin B complex.

**Vitamin E** – Combined with Vitamin C, this vitamin has antioxidant properties. In cayenne pepper, therefore, we have 3 vitamins that work together to create an internal environment that is not favorable to the growth of cancer cells. Antioxidants also strengthen the overall health of the blood cells.

**Vitamin K** – This valuable vitamin helps reduce excessive blood flow, allowing wounds to heal quickly. The Vitamin K found in cayenne pepper supplements the pepper's other healing properties that contribute to overall heart health, blood health, and stabilized blood flow. The key compound in cayenne pepper, known as capsaicin, reduces blood pressure by equalizing the flow of blood; the Vitamin K found in cayenne pepper does the same. Therefore, cayenne pepper has not just one, but many ways it contributes to stopping excessive bleeding and bringing faster healing to wounds.

**Calcium** – Calcium is well known for the ways it contributes to bone health, but it does much more. Like Vitamin K, calcium also contributes to the healing of wounds. Calcium also helps with circulatory health and stabilization of blood pressure – thus, the presence of this mineral is another way in which cayenne pepper contributes to overall heart and circulatory health. Calcium is also believed to reduce the risk of certain types of cancer. Calcium therefore works hand in hand with the other vitamins, minerals and healing properties of cayenne pepper to contribute to overall health of many part of the body.

**Flavonoids** – Cayenne pepper is rich in flavonoids, which are responsible for producing the colorful pigmentation found in many plants. In plants, flavonoids protect the health of cells, and some research indicates that these antioxidant properties extend to humans upon consumption of flavonoids. Flavonoids are also believed to contribute to heart health, reduced blood pressure and healthier flow of blood to the heart and cells.

It might seem a paradox that cayenne pepper contains elements that contribute to improved blood flow as well as to a reduction in excessive bleeding. How is this possible? It's possible because the improved health of blood cells, blood flow, arteries and veins, and overall heart health, combined with a reduction in blood pressure (which causes excessive blood flow at a wound site), leads to a healthier and more even flow of blood. The blood clots when and where it's supposed to (at a wound site) but does not clot when and where it's not supposed to (through the arteries, to and from the heart, and carrying nutrients to the body's cells).

**Iron** – This mineral contributes to the health of the red blood cells that carry nutrients throughout the body. Iron is contained in cayenne pepper. Along with cayenne pepper's other heart-healthy properties, iron works to improve circulatory and heart health, as well as the overall health of the body's cells and a person's energy level. Iron also contributes to healthy skin.

**Manganese** – Like calcium, manganese contributes to bone health and growth. Like other healing properties of cayenne pepper, manganese contributes to the healthy formation of tissues, as well as to overall immune health. Manganese, present with calcium in cayenne pepper, also helps improve the absorption of calcium into the body. Manganese is one of several ways in which cayenne pepper improves metabolism.

**Potassium** – Cayenne pepper is an excellent source of potassium, which is vital to the healthy rhythm of your heart beat. Potassium also contributes to the overall health of your heart and other muscles, and it is important to the health of your nerves as well. It is important to achieve the right balance of potassium intake – to have enough but not too much. Adding a small amount of cayenne pepper to your diet is an easy way to boost your potassium intake without going over.

Capsaicin is the main active compound in cayenne pepper. This is where cayenne pepper derives its heat. This is also the compound that accentuates the healing work

of the other vitamins and minerals found in cayenne pepper. Following are some of the properties of capsaicin that give cayenne pepper its healing impact in so many areas of the body:

**Accentuating properties** – As we just saw in our discussion of the vitamins and minerals contained in cayenne pepper, the capsaicin found in cayenne pepper works beautifully to increase the impact of those other vitamins and minerals. This means that everything cayenne pepper does for your health, it does it in a stronger way.

For example, if you take garlic in the right proportions, you can bring your blood pressure back to normal in three months. Well, if you add cayenne, you could cut that down to three days. The effectiveness of herbs such as Ginkgo biloba (anti-depressant), milk thistle (for liver health), hawthorn berry (for heart health) etc increases many times over when taken with cayenne pepper. Talk about a small herb with a BIG impact!

Dr. Richard Schulze, a famous medical herbalist, has a huge portfolio of herbal supplements on his website. Most of his formulas have cayenne pepper as one of the ingredients. This is due to cayenne's accentuating property of making the other herbs in the formula several times more effective.

**Antifungal properties** – Cayenne pepper is a natural antifungal. This means cayenne pepper contributes to a reduction in the presence of unhealthy fungus in the body, such as yeast infections that slow down and clog up our systems and prohibit good digestion and absorption; and such as the fungus that causes athlete's foot. Cayenne pepper does this naturally without the side effects of prescription drugs.

**Antispasmodic properties** – Cayenne pepper calms everything down in the body. This is the opposite of what you might expect from a hot spice! Antispasmodics prevent muscle spasms. This not only refers to spasms we associate with strenuous exercise, but also spasms in the digestive tract, including the intestines. Cayenne pepper helps the muscles relax so that the body can function in a healthier way.



**Carminative properties** – Carminative properties reduce bloating. Cayenne pepper helps eliminate and prevent the build-up of gas in the digestive tract and throughout the body. We often think of bloating in association with digestion, but bloating often

occurs after major surgery as well. Taken as a regular part of your diet, cayenne pepper is able to promote digestive health to minimize the occurrence of bloating.

**Cell building and nourishing properties** – The capsaicin in cayenne pepper allows this little spice to build and nourish the cells of the body, including the tissues that line the body cavities, the blood cells, the heart cells, and others. Capsaicin actually feeds the cells with nutrients. This is one reason cayenne pepper not only is helpful to combat illness and injury, but is also helpful in promoting and maintaining good health and preventing problems.

**Diuretic properties** – A diuretic helps with the elimination of toxins from the body through increased urination. Diuretics help release excess fluid from the body, often associated with certain illnesses, and help prevent excess fluid retention. Excess use of diuretics can cause dehydration. That is why natural diuretics, such as cayenne pepper, when consumed as a healthy part of a normal diet, can provide maximum benefit without the dangers of losing too much water too quickly. Cayenne pepper offers a wonderful combination of natural diuretic properties and high concentration of potassium; the potassium helps balance the effect of the diuretic properties. Even so, cayenne pepper, as with any other food used as a health supplement, should be consumed in moderation and under the advice of a doctor.

**Heart-health properties** – Capsaicin contributes to heart health in many ways: by building up and nourishing the heart cells; by cleaning the arteries and preventing excess blockages; by regulating blood pressure, to keep it from extreme highs or lows; by building up healthy red blood cells; by maintaining healthy artery and vein structure; and by improving overall circulatory health. It is amazing that a little spicy powder brings such tremendous benefit to the function of the heart. Cayenne pepper, especially in tincture form, has even been known to stop heart attacks.

**Immediate-impact properties** – Cayenne pepper is not only useful in stopping heart attacks, but it also helps stop excessive bleeding, internally and from external wounds. Cayenne pepper brings fast pain relief as well, from injuries and from headaches. In each of these ways, cayenne pepper works quickly for immediate impact. While much health benefit is gained by regular consumption of a small amount of cayenne pepper, it is useful in emergencies and is a valuable part of any first aid kit. It even helps with snake bites and insect bites.

**Stimulant properties** – Cayenne pepper stimulates systems like the circulatory, digestive, and lymph systems for overall improved health. Many diseases come from sluggishness of the body systems, and the inability of these systems to work together efficiently. Poor circulation or digestion means that the proper nutrients are not delivered in a timely manner to the cells of the body. Body tissues begin to fail and lead to more diseases. A sluggish lymph system means infection is allowed to invade all parts of the body, adding to the diseases already present. Cayenne pepper has the wonderful effect of stimulating all these systems to proper functioning, individually and together. Cayenne pepper thus stimulates the very systems that carry its wonderful healing effects to every part of the body. What an all-in-one wonder!



## Healing with Cayenne Pepper

Such a wealth of healing properties in high concentration makes cayenne pepper an excellent aid to general health. These properties allow cayenne pepper to work at many underlying causes and interactions of physical conditions all at once. Body systems impact each other and cayenne pepper impacts nearly every system. Improved circulation leads to better heart health, better skin health and less pain. Better respiratory health combined with better circulation, better nutrient absorption and less pain leads to better overall health and creates an internal environment that is not receptive to cancer. Cayenne pepper is instrumental in improving and regulating *all* of these systems. Cayenne pepper accomplishes all of its healing impact without all the side effects of prescription drugs.

Let's look now at some of the specific ways cayenne pepper supports improved health.

## Heart Attack

Heart attacks are frightening. If you've ever had one or witnessed one, it's not something you want to experience ever again. One reason heart attacks are so scary is that they make us feel fragile, as if we have no control, no ability to stop them.

What if you could improve your health to avoid heart attacks, and keep something on hand to stop a heart attack in progress? Would you feel better going about your daily life, knowing you have more control over the health and functioning of your heart than you thought?

Cayenne pepper has been known to stop heart attacks and to revive heart attack patients. This sounds incredible but is it too good to be true?

According to Dr. John Christopher, pioneer of herbal medicine, "In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in-if they are still breathing-I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water), and within minutes they are up and around." It is suggested that this be repeated every 15 minutes until the crisis has passed.

Dr. Richard Anderson, author of "Cleanse & Purify Thyself", says that using cayenne pepper and hawthorn berries together offers the most potent effect on the heart. He believes that a regimen of cayenne pepper combined with hawthorn berries will greatly strengthen the heart, and possibly prevent heart attacks. He states further that if an attack were to occur in someone who had followed this regimen, chances are very good that no damage would occur.

He tells the following story about his mother: "I had her taking hawthorn berries and cayenne when she had a heart attack at the age of 79. Her diet had not been the best, and she was in an extremely stressful situation. While in the hospital, they found three blocked arteries and wanted to operate immediately. They did not think that she could survive for more than a few weeks if they didn't operate. (How many have heard that story!) The doctors thought it would be very risky to operate, but they had her there. So they decided to take some tests in the hopes that they could find an excuse to operate. In spite of the fact that she had been taking lots of aspirin for her arthritis, smoked like she was the reincarnation of a boiler factory, and had just had a heart attack, they found that her heart was incredibly strong. In fact, they felt that her heart was stronger than most people in their 30's! The good news was that not only did she survive the operation, but also she stopped smoking! Well worth the operation, don't you think? In my opinion, that was the best thing the doctors ever did for her. Well, that is what hawthorn and cayenne can do for the heart, and every good herbalist knows it; every good doctor should also know it, but very few do."

According to Dr. Richard Schulze, hawthorn berries strengthen and stabilize the heart. But they don't do anything for the circulation. Adding cayenne is what produced the

cures.

Let's look at how cayenne pepper works on the body overall, and on the circulatory system.

Cayenne pepper, with its bounty of healing properties, affects every part of the cardiovascular system: every cell, every tissue, every lining – every wall of every blood vessel – capillaries, arteries, veins. It gets the blood to the heart muscle, not just to the insides of your heart where the blood is pumping. It has a wonderful combination of healing properties that work together to break down bad things while building up good things. This makes cayenne pepper a multipurpose, spicy wonder!

When you take cayenne pepper, you get flavonoids to protect your heart cells. Cayenne pepper heals and strengthens heart cells, even as it works to improve circulation and clean up arteries. Cayenne pepper is filled with heart building and blood regulating properties, and it works instantly, for prevention and intervention.

Cayenne pepper is rich in potassium, a mineral that is vital to the health of your heart. The plethora of minerals and nutrients in cayenne pepper lead to optimum heart health, as well as heart attack prevention. Cayenne pepper also helps to lower cholesterol and triglycerides. And its benefits to the circulatory system improve the health of the heart and the overall health of the body.

If you want to know more about preventing heart attacks, most people take to drinking teas that are 1 part cayenne and three parts hawthorn berry. If you are concerned about heart health, consider carrying a bottle of cayenne tincture with you for emergencies. To prevent emergencies, also consider adding cayenne pepper to your daily food and supplement intake. Always discuss this with a doctor first. Do not try to self-treat your heart condition or heart attack. Let friends and family know, however, that you have cayenne tincture and would like to try it, among other things, in the event of a heart attack.

## Allergies



Allergies result from the body's overreaction to elements in the environment and food. Cayenne pepper, because of its calming and soothing properties, helps alleviate allergies. It restores normal function to the body. Cayenne pepper also boosts the immune system to help the body combat toxins in a healthy and balanced way, as the body was designed to do, rather than by allergic overreaction.

## Arthritis

The capsaicin in cayenne pepper is an anti-inflammatory. Therefore, cayenne pepper helps reduce the inflammation caused by arthritis. Cayenne pepper is also a natural pain reliever. It works quickly to ease the pain of arthritis, even rheumatism. Most of the medications prescribed for rheumatism have to be strong, because this disease can be so painful and debilitating. Isn't it wonderful to know there is a natural solution that can help the body grow free of the pain and swelling of even the worst arthritic conditions?

Cayenne pepper can be applied externally to joints as a poultice, to draw out the pain and to soothe. Cayenne pepper can be mixed with milk or water as an effective poultice. Try a little on a test area to check for skin reactions. Cayenne pepper taken internally also works to relieve the pain and swelling of the joints.

Cayenne pepper can even reduce the pain and inflammation of costochondritis, a painful condition that affects the cartilage in the rib cage. Costochondritis hurts with every breath. Taken internally, cayenne pepper goes to work to alleviate the pain and reduce the swelling, so you can breathe more freely.

One of the most brilliant methods for curing arthritis is what one of my friends used on her own mother's hands. First, she soaked 8 tablespoons cayenne pepper, 4 tablespoons of ginger root, and 4 tablespoons of mustard powder in 16 ounces of wintergreen oil. She let that sit in a jar for about fourteen days. Finally, she strained the mixture and added 6 ounces of menthol crystals. She made sure to dissolve the crystals into the oil by putting the jar in a double boiler.

By applying the oil to her mother's hands, the swelling of her joints was greatly reduced.

## Cancer

Cayenne pepper has very high concentrations of Vitamin A and Carotenoids, which serve as antioxidants. These antioxidants create an internal environment that is not friendly to cancer. Who would have thought that this little spice could chase cancer away?

Tests have shown a reduction in pancreatic, lung, and prostate cancer in connection with the consumption of capsaicin, the key healing element in cayenne pepper. The capsaicin literally destroys cancer cells. The capsaicin in cayenne pepper also works to stop tumor growth and reduces the swelling in tumors.



Not only has cayenne pepper been documented to fight cancer in the pancreas. The numerous healing properties of cayenne pepper also promote healthy function of the pancreas, to restore health after cancer. Cayenne pepper also repairs the cells lining the lungs, for a healthier lung environment that is uninviting to cancer and promotes freer breathing. Having survived cancer, I desire to maintain a cancer-free environment in my body, and avoid recurrence.

By taking cayenne in massive amounts – ten teaspoons per day – patients can completely dissolve cancer tumors. You can speed up the effect if you take up to sixteen daily teaspoons.

By adding a little spice to my life, I can keep the cancer away.

## Circulation

Why does cayenne pepper do so much for so many parts of the body? One reason is the way cayenne pepper leads to better blood circulation. Healthy blood circulation is a key to life and good health. Cayenne pepper works in the blood in many ways.

Cayenne pepper helps dilate arterial walls for better blood flow. It builds up arterial cells for healthy functioning – and helps eliminate varicose veins. It also eliminates plaque and mucus from the blood vessels. It helps with the creation of new, healthy red blood cells which deliver iron and oxygen and other nutrients to the cells of the body. Cayenne also helps eliminate conditions for heart attacks and strokes.

The health of the blood vessels is just the beginning. Cayenne pepper also regulates blood pressure, keeping it steady. This benefits individuals with high or low blood pressure conditions. While cayenne pepper regulates blood pressure, it also produces a stronger blood flow and more red blood cells. Stronger flow without more pressure – that is the way the body was designed to move nutrients to the cells.

Because cayenne pepper keeps the blood flow steady, it helps stop excessive bleeding, externally and internally. It takes the bleeding away from one concentrated area and evens it out, throughout the body. This allows the blood at the wound site to clot more quickly. We all know how hard it is to stop internal bleeding. It even heals bleeding of the lungs. What a gift this little spice is when a person experiences internal bleeding.

At the same time, cayenne pepper brings blood to the surface, so it helps eliminate toxins efficiently without excessive bleeding – that is pretty amazing! Yet it also helps eliminate conditions of excessive blood clotting, because it regulates the blood to flow evenly throughout the body.

Good circulatory health is at the root of improved overall health for the body. Cayenne pepper heals circulation on a systemic level – it brings overall circulatory health. This is also where the numerous healing properties of capsaicin become apparent. Cayenne pepper's stimulant property helps stimulate the circulatory system, even while it works on the blood vessels, blood flow and blood cells in all these other ways. It also helps the kidneys to function better as they clean the blood.

For blood pressure problems, high or low, I simply take in a mixture that is one part cayenne, two parts garlic, and another part ginger. For thick, fatty blood and cholesterol problems, I use one part cayenne, one part garlic, and three parts Red Clover blossoms (the blossoms should be red-violet and not brown). For general circulation problems, 1 part cayenne pepper and 1 part ginger root are all I need to get my blood back to normal.

Another benefit to the effect of cayenne pepper on circulation is that it warms the body, preventing chills. This warming effect works throughout the entire circulatory

system, extending throughout the body. That's great for winter, but what about summer? In the same way, cayenne pepper also has a cooling effect on the body. The cooling action is prompted in the body in response to the heat of the pepper. Proper heating and cooling of the body leads to healthier living in all seasons.

## Colds



The common cold – and its more vicious cousin, the flu – is a nuisance. It is everywhere and it spreads so easily. When you're suffering from a cold, you get tired of hearing, "Sorry – no cure." You know you can boost your immunity with vitamins and supplements – usually you should have taken plenty before you got the cold. But once you're sick, how can you speed that cold away?

Let's look at what cayenne pepper does to break up colds. Remember the healing properties of cayenne pepper. It fights infection by bringing toxins to the surface and it even helps with their quick and thorough elimination. It creates an internal environment that is hostile to germs. Cayenne pepper boosts your immune system and lymph node function. You can see already that cayenne pepper has you well on your way to getting rid of that cold.

By building up the tissues that line your respiratory tract and by cleaning and strengthening the mucous membranes, cayenne pepper helps your body expel the cold you have – and helps build protection from future colds. By targeting, repairing and nourishing the epithelial cells that serve as your line of defense by covering all your internal and external body organs, cayenne pepper increases your ability to keep out those nasty colds.

For actually curing the cold, I usually take a mixture of 1 part cayenne pepper, 4 parts Echinacea root, 2 parts peppermint leaves, and 1 part garlic bulb. I like to gargle the stuff in my throat for mild cases, but in the event of serious infection I take as much of the mixture as I need.

Another of cayenne pepper's healing properties is its ability to reduce inflammation. This includes inflammation in your lungs. Cayenne pepper brings healing to the tissues lining your lungs. It goes to work immediately against pleurisy as well as other lung irritations and infections like bronchitis.

Even as cayenne pepper works to eliminate a cold from your body, it also gives immediate relief to the cold symptoms. Cayenne pepper warms and calms your body. It breaks up congestion and calms the irritations that cause coughing fits. It fights chills not only through increased warmth that spreads to every cell, but also by its stabilizing presence that settles your body and keeps it from overreacting.

As cayenne pepper raises your body temperature, it also helps you sweat out the bad stuff. I've heard doctors prescribe "walking" as a way to get rid of a cold. I don't know about you, but when I have a cold, the last thing I feel like doing is going for a brisk walk. Taking cayenne pepper is a way to sweat out your cold without going for a walk. Let the cayenne take a stroll through your circulatory system and spread heat and healing throughout your body.

The healing impact of cayenne pepper on colds and flu is even greater impact when cayenne powder is combined with Vitamin C. Not only does cayenne pepper contain Vitamin C – and both have healing properties that reduce the impact of colds – but cayenne pepper also boosts the effects of the Vitamin C. Together, their healing power is magnified. In a later section you'll find a recipe for cayenne tea. But for immediate relief from cold or flu, you can also mix cayenne pepper powder with a Vitamin C beverage or citrus juice.



## Digestive Issues

You would think a hot pepper would hurt your stomach. On the contrary, cayenne pepper, taken in moderate quantity, contributes to the good health of your stomach. Just as cayenne pepper works in numerous ways with blood circulation – because of its many healing properties – cayenne pepper also works in many ways on the digestive system for improved digestive and overall health.

Cayenne pepper reduces the pain of stomach ulcers. It doesn't stop there. It also heals the ulcers, causing them to shrink and disappear. It heals and strengthens the stomach tissue and the epithelial cells that line the digestive tract. Cayenne pepper also creates an internal environment in the stomach that resists ulcers. For digestive problems, half-teaspoons of cayenne, taken sparingly through the day, can work wonders much faster than tablets from drugstores.

Taken orally, cayenne pepper also helps to clean out the intestines. The stimulant properties of cayenne pepper help keep the intestines functioning properly, thus reducing and preventing constipation. The antispasmodic properties of cayenne pepper also help calm the muscles of the digestive system, at the same time as it stimulates the intestines. This leads to a proper balance and functioning of the digestive system. Just as cayenne pepper evens out the blood flow throughout the body, it does the same with the digestive system, causing everything to work properly from A to Z.

Cayenne pepper is also a carminative, which means it helps eliminate and prevent the build-up of gas. It is useful for dyspepsia, or chronic bloating and upset stomach. Cayenne pepper is also helpful for sea-sickness and diarrhea. Cayenne pepper also helps heal the gall bladder.

When you take cayenne pepper as part of your daily diet, the capsaicin in the cayenne pepper will stimulate your appetite in a healthy way. Cayenne pepper improves the quality of digestion. It also improves the ability of the stomach to digest food.

Cayenne pepper is first absorbed in the mouth (this is why cayenne pepper tea is more effective than taking it in pill form, as discussed later in this report). The cayenne pepper stimulates the saliva in the mouth, which improves the digestive process. Digestion begins in the mouth. We too often miss this by not chewing food well, and we lose out on a lot of the nutrients in our food. Cayenne pepper is not only a vital nutrient in any dish in which we cook with it. It also helps us get the most nutrition out of the food we take in, because of the increased stimulation of saliva caused by the cayenne pepper.

When you get more nutrients out of your food, you will also have fewer cravings and overeating. This is one of several reasons cayenne pepper is used as an aid to healthy weight loss. While not a weight loss wonder on its own, cayenne pepper is

known to increase metabolism, by activating the body's cooling system in response to the heat of the pepper. Increased metabolism helps with weight loss. In addition, by helping to improve nutrient intake through more efficient digestion, cayenne pepper also deals with some of the underlying reasons for overeating and undernourishment.

Improved nutrient absorption through the stomach and intestines brings greater concentration of nutrients more efficiently to every cell in the body. Combined with improved blood circulation, improved digestion contributes to reversing many ailments all at once. Cayenne pepper plays a key role in the health of both of these body systems. Cayenne pepper also helps us digest food even when sickness would make it difficult – while at the same time working to alleviate the problems that cause the sickness, and the symptoms of the sickness, leading to overall improved health



## Emergencies

Because cayenne pepper works so quickly, and on so many parts of the body, it is helpful to keep this little spice on hand for emergencies. A little bottle of cayenne tincture can go a long way in an emergency, and so can a little bottle of cayenne powder. From stopping a heart attack to stopping excess bleeding from a wound, cayenne pepper works quickly to bring the body back into balance. Cayenne pepper may be taken internally or applied externally, depending on what's needed. It is easy to administer in an emergency, and it is absorbed easily and quickly by the body.

With emergencies in mind, think about the preventative potential of cayenne pepper. Imagine a wound that doesn't bleed out with frightening intensity. Imagine a wound that clots and heals quickly. Imagine an allergen or toxin that doesn't cause the body to overreact, but that is easily and efficiently rejected by the body, with minimal symptoms. Imagine conditions for a migraine that don't lead to a migraine. Imagine reversing the conditions that lead to a heart attack. The many healing properties of cayenne pepper help prevent emergencies by boosting overall health on a daily basis. Prevention is the best emergency medicine you can have. Keep cayenne pepper powder and cayenne tincture on hand for emergencies, but be amazed by how many fewer emergencies you face.

Cayenne pepper also leads to faster and more lasting healing following an emergency. For instance, one of the top herbal healers out there has had patients with lacerations so deep they expose bone. Simply by packing the open wound with a few handfuls of good-quality cayenne, the blood will flow to the wounded area, allowing the flesh to seal itself together without so much as a stitch. It's fast, it's cheap, and altogether effortless – in a few hours, you can ensure that a person's life has been saved.

## Headaches and Migraines



Cayenne pepper is known for its immediate action, and that includes pain relief. Cayenne pepper, when taken internally, gives immediate relief of pain. That is a blessing for those who suffer migraines and other chronic headaches.

Cayenne pepper doesn't stop at simply providing pain relief. That alone might be enough benefit to cause migraine sufferers to add cayenne pepper to their daily diet. But there's more. Cayenne pepper, because of its anti-inflammatory properties, works also to reduce the swelling that causes the headache pain.

You'd be surprised to see how much cayenne tea can help you. I started drinking  $\frac{1}{4}$  teaspoon cayenne dissolved in a cup of hot water... and when I started feeling better, I upped it to a full teaspoon of cayenne. I drank this three times a day, and what do you know? My sinuses, which I used to have to flush out two or three times a day, were just draining away.

This little spice regulates blood flow, and evens it out, to take the pressure away from the painful areas. It warms and soothes. It also strengthens and nourishes the capillaries that are such a prominent source of the pain in migraines.

By dealing with the underlying health deficits that cause the headaches, and bringing overall improvement, cayenne pepper works not only for headache relief, but as a preventative. If you can make your migraines stop hurting, and then make them disappear altogether, it's worth adding a little spice to your life.

## Hemorrhoids

Is there anything more annoying or painful than hemorrhoids? They seem to swell up at will and the pain is unbearable. Short of painful surgery, there is little to reduce the pain and swelling permanently ... until you start adding cayenne pepper to your daily diet.



Cayenne pepper heals hemorrhoids. Yes, there is a cure! Just as cayenne pepper works on all parts of the circulatory system, it works on hemorrhoids. Just as cayenne pepper brings instant pain relief, it lifts the pain while it works to shrink the hemorrhoids. Just as cayenne pepper's anti-inflammatory properties work on other inflammation sites in the body, it also works on hemorrhoids. What an incredible wonder of nature, and so easy to add to your daily intake of food and supplements.

When you first start to take cayenne pepper, you might feel burning during a bowel movement. Your body will adapt quickly, however, and the healing properties in the cayenne pepper will heal your hemorrhoids. While the pain relief happens quickly, cayenne pepper works best when taken on a consistent basis to bring overall good health.

## Infection

When you start taking cayenne pepper as part of your daily diet, you are saying goodbye to infections. Cayenne pepper creates an environment in your body that does not tolerate infections. Cayenne pepper is high in Vitamin A as beta-carotene, which contains infection-fighting properties.

As you've seen by now, cayenne pepper never works in just one way. Its healing properties are numerous and impact the body in many ways. By improving blood circulation, for example, the infection-fighting cayenne pepper helps the body bring toxins to the surface quickly. By raising the body temperature, cayenne pepper helps the body eliminate these toxins through perspiration.

Cayenne pepper, with its stimulant properties, also stimulates the lymph system to fight infections. The immune system begins to work more efficiently, keeping new infections from taking up residence.

Cayenne pepper also strengthens and protects the body's cells and tissues, making it tougher for infections to penetrate the cells. The capsaicin in cayenne pepper targets the epithelial cells of the body. These cells make up the internal and external linings of the body, including the skin. This is where infections pass through into the body, especially in the digestive system, the circulatory system and the skin. By building healthier, stronger epithelial cells, cayenne pepper works in yet another way to reduce the risk of infection.

## Pain

One of the many amazing properties of cayenne pepper is its ability to get right to the source of pain, and quickly. Cayenne pepper brings fast pain relief to every situation: headaches and migraines, neuralgia, arthritis (including rheumatoid), menstrual cramps, lumbago, muscle pains, toothaches, and wounds. This little spice works quickly to relieve pain, and thoroughly.

Cayenne pepper not only brings short-term pain relief, but also overall long-term health benefits. With its high concentrations of many health properties, cayenne pepper works on many underlying physical problems that can cause pain, including generalized pain, as well as pain from injuries and specific conditions.

Cayenne tincture can be helpful for instant pain relief, although taking cayenne pepper tea every day (1/8 to 1/4 teaspoon per 8 ounces of warm water) can help create a pain-free environment. For muscle pain, cayenne pepper can be rubbed into the skin – try a test area first to check for skin reactions. For menstrual cramps, cayenne pepper may be taken internally or externally, and it has a warming, soothing effect to help with the cramps, in addition to providing pain relief.

## Sinuses

Sinus infections and inflammation can be a recurring nightmare. Those of us who suffer from sinus infections seem to have one on top of another. As soon as a sinus infection is on its way out, another is on its way in. Treatments seem to be extreme – antibiotics, neti pot, sinus spray that causes stress to the cells and tissues and a possible choking hazard. All just to repeat the process again a few weeks later.

What if we could simply gargle instead with warm water mixed with a small amount (1/8 or 1/4 teaspoon) of cayenne pepper powder? Wouldn't that be a nice change and relief?

Cayenne pepper works wonders on the sinus cavities. The capsaicin in cayenne pepper specifically targets the epithelial cells that line the sinus cavities, to strengthen and nourish every cell. With healthy and strong cells lining the sinus cavities, bacteria won't linger. Cayenne pepper also clears out the congestion caused by sinus infections, so you can breathe freely. Cayenne pepper's anti-inflammatory properties reduce swelling of the sinuses. And cayenne pepper, even though it's hot, calms and soothes your sinus tissues, for more comfort and relief than you've experienced in a long time.

While I don't recommend inhaling cayenne pepper through your nose, if you've taken a moment to smell cayenne pepper, you know this little spice smells amazing. As you breathe in the scent of cayenne pepper, your body and mind both know you're taking in something that can restore good health and free breathing. Notice the way your sinuses respond. They know that help is on the way.

## Skin Conditions



Did you ever think you would hear someone say, “Cayenne pepper is good for your skin?” It sounds strange, but it’s true. Cayenne pepper might not evoke the healthy skin images of apples and coconut and shea butter. But the healing properties in just a little cayenne pepper can not only rejuvenate skin but can also help with skin ailments. Take a closer look at what cayenne pepper can do for your skin.

You already know that cayenne pepper is good for your circulation. Skin health depends on good circulation. Blood brings nourishment and oxygen to the skin cells, and the better your circulation, the more your skin cells are nourished. When toxins enter your skin cells, it’s your blood cells that provide the removal service too. Think about how much your skin protects you from the environment – and how many toxins your skin is exposed to on a daily basis. In order to have vibrant looking, healthy feeling skin, you need your circulatory system to do its very best work!

Cayenne pepper produces healthy circulation, bringing healthy blood cells brimming with oxygen and other nutrients to every cell of your skin. Cayenne pepper also has cell building properties that aid in the maintenance of healthy skin cells. For skin that feels alive and refreshed, add some cayenne pepper to your daily diet. As you begin to introduce cayenne pepper to your intake of nutrients, not only will your overall skin health improve; also the healing properties of cayenne pepper will reinvigorate skin cells that have been over-exposed and under-nourished.

That’s just the beginning of what cayenne pepper will do for your skin. Cayenne pepper also warms your skin and calms and soothes. It counteracts the itching caused by skin irritations and exposure to extreme weather and allergens. It calms and soothes for healthy skin that stays supple, even in harsh weather and environmental conditions.

Cayenne pepper has even been known to heal cells previously damaged by frostbite! Frostbite is considered a permanent condition, in which the previously exposed skin gets irritated again, every winter. If you suffer from frostbite-damaged skin, see what happens when you add cayenne pepper to your daily meals.

The calming and soothing effects of cayenne pepper, along with its anti-inflammatory properties, makes cayenne pepper helpful in reducing psoriasis. The antifungal

properties of cayenne pepper also help with athlete's foot. It is a good, all-around tonic for healing skin conditions and maintaining healthy, radiant skin.

Cayenne pepper works on the skin from the inside-out and from the outside-in. Taken internally, cayenne pepper will bring benefit to the skin cells and the circulatory system that nourishes them. Taken externally, as an ointment or in a poultice, cayenne pepper can also bring benefit for certain skin conditions. Ask your doctor for advice on how best to use cayenne pepper for skin treatments. If you apply a cayenne pepper ointment externally, be sure to test it first in a small amount on a small, less sensitive area, to test for allergies. Don't apply too much in any case, as it can burn the skin. As with all health aids, use cayenne pepper wisely and in moderation.

## **Sore Throats and Tonsillitis**

When you think of a remedy to soothe an irritated or sore throat, the last thing you might think of is a hot pepper! Nevertheless, cayenne pepper, because of its antispasmodic properties, is a wonderful sore-throat soother. Cayenne pepper also cleans your throat of bacteria that can cause tonsillitis.

Cayenne pepper not only makes your throat feel better, but it also calms the throat irritation that leads to incessant coughing. When you're sick, that's such an uncomfortable and never-ending cycle: your sore throat makes you cough, and your cough further irritates your throat. A little bit of cayenne pepper powder will stop the cycle so that you can rest.

You can make warm cayenne pepper tea by adding a quarter of a teaspoon of cayenne pepper to 8 ounces of warm water. If it's your first time using cayenne pepper tea for medicinal purposes, you can start with a smaller amount, perhaps an eighth of a teaspoon, until your stomach adjusts. You can drink the tea or gargle with it. You can mix it with honey for further soothing and healing properties.

When you take cayenne pepper for your sore throat, the relief is not just temporary, as with a throat drop. Cayenne pepper's healing properties go to work to remove bacteria, to promote healing circulation, to heal the irritated tissue and to strengthen the health of the cells in your throat. That's something powerful to gargle with!

Cayenne pepper also eliminates hoarseness. If you're going to sing or give a speech, a little cayenne pepper taken earlier in the day can help prepare your throat. It will soothe even a scratchy throat that comes from exposure to air pollution or pollen or excessive dryness in the air.

## Toothache

No one likes a toothache. That's why you will love the way cayenne pepper provides pain relief when you have a tooth or gum that's hurting. Remember too that cayenne pepper has the "immediate impact" effect to bring relief quickly.

As you've probably figured out by now, the relief from pain is just one of the benefits cayenne pepper will bring to your teeth and gums. Cayenne pepper acts immediately. But nothing cayenne pepper does is merely temporary. The capsaicin in cayenne pepper works on the cells and tissues and blood and all body systems to bring lasting improvement.

Cayenne pepper, because of its stimulant properties, helps strengthen gums. Its anti-inflammatory and calming properties help to reduce swelling in the gums. Cayenne pepper encourages proper circulation needed to keep the gums and nerves healthy. It builds up the cells and tissues. Cayenne pepper's anti-infection properties and gum stimulation create a mouth and gum environment that makes bacteria and infections disappear.

Can you brush your teeth with cayenne pepper? That's a personal choice and should not be made without consulting your doctor and dentist. Cayenne pepper tea (1/8 to 1/4 teaspoon of cayenne pepper powder mixed with 8 ounces of warm water) can be used as a mouth wash for healthier gums. An added benefit (as you've seen by now, cayenne pepper is the spice of "added benefits") is that cayenne pepper is absorbed into the bloodstream most readily through the mouth. As you rinse your mouth with cayenne pepper tea for greater dental health, your bloodstream also sends the cayenne pepper with its capsaicin to all the cells of your body for greater overall health.

## Vision Disorders



While cayenne pepper might not provide a specific cure for certain eye diseases, it contributes positively to the overall health of your eyes and vision. Cayenne pepper provides antioxidants, promotes healthy circulation, regulates blood pressure, and builds up healthy cells and tissues that are needed for proper eye functioning and health.

The health of your eyes depends on healthy circulation. I've experienced hemorrhaging of the retinal blood vessels and I can tell you it is scary. I was moments away from potential permanent blindness – just because of coughing during the flu. If I had known at that time to take cayenne pepper, it not only would have helped quiet my coughing, but it also would have quickly stabilized the blood flow in my retinal vessels and the cells of my blood vessels would have been stronger. It would have made the situation easier and promoted faster healing.

By including a small amount of cayenne pepper as part of your daily dietary intake, you are creating an internal environment that promotes good health. Cayenne pepper will help correct and remove some of the problems that contribute to macular degeneration and cataracts. If you fancy taking it internally, a simple mixture consisting of 1- 4 parts cayenne, 1 part eyebright herb, 1 part goldenseal root, 1 part fennel seed, and one part red raspberry leaf can, if taken often enough, will sharpen your vision like putting on a pair of contacts.

The improved overall health will also help your body process blood sugar efficiently, so that the glucose going to your cells will not be too high or too low. Improper absorption of glucose particularly affects the eyes, as your vision depends on the right balance of glucose. While cayenne pepper does not cure diabetes or hypoglycemia, cayenne pepper contributes to the foundational health of the endocrine and circulatory systems that lead to proper absorption of glucose.

Taken internally, cayenne pepper can help with vision disorders. Just don't put it in your eyes – cayenne pepper is the source of the pepper spray that is traditionally used to give temporary blindness during an assault.

## Wounds

If you're going to be outdoors, or taking a long trip, or just running errands as part of everyday life, it's a good idea to keep some cayenne pepper with you. You can carry a bottle of cayenne tincture in your car or handbag or briefcase, and keep some in your desk. Or keep a little cayenne powder in a small bottle for easy access. Why?

You've already seen how cayenne pepper can be used for heart attacks and other emergencies. But cayenne pepper is also a great first aid tonic for open wounds. Are you planning a camping trip or doing some construction work where you're at a greater risk for wounds? Bring along some cayenne!

Here's how cayenne pepper works to bring immediate healing to wounds. First, cayenne pepper acts like a poultice, drawing toxins to the surface. It is very efficient and can get the toxins out without causing excessive loss of blood. Cayenne pepper helps the body respond to a wound the way it's designed to – by getting the toxins out and at the same time, normalizing blood pressure. Cayenne pepper helps prevent excess bleedings and helps the blood to clot.

Because cayenne pepper helps the body deal with wounds so wonderfully, it also helps prevent scarring and bruising. It truly encourages complete healing.



While cayenne pepper brings first aid to external wounds, it also helps stop the bleeding of internal wounds. This is an incredible part of its value in emergency situations. Internal bleeding is often hard to stop and causes bad situations to get worse. You will know that when you take cayenne pepper in an emergency where internal bleeding is suspected, you are taking a step to help the body stabilize. Cayenne pepper is not a replacement for emergency medical help, but it gives a much-needed healing boost to your body.

If you're going to be outdoors, cayenne pepper is not only a helpful aid for wounds. It is also useful for snake bites, because it draws the toxins to the surface and out of the body so quickly. It has the same effect on insect bites, but with an added benefit: Wear cayenne tincture as an insect repellent and avoid the bites altogether! As you've seen already, cayenne pepper helps your skin and helps prevent athlete's foot, so it's a good all-round camping companion



## **Erectile Dysfunction**

One of the common causes for erectile dysfunction is the lack of proper circulation. As we saw in the previous chapters, cayenne pepper does an amazing job of increasing circulation throughout the body, including the genital area. This can alleviate any erectile dysfunction problems that are a result of lack of circulation.

When combined with garlic, this combination becomes extremely effective in dilating blood vessels throughout the body. There are several other herbs such as hawthorne berry, grape seed extract, ginseng that are known to help with impotence. Combine that with cayenne pepper, and you got yourself a very potent weapon against impotence!



## Ways to Add Cayenne Pepper Spice to Your Life

You might already have cayenne pepper on your kitchen shelf as a cooking spice. That is wonderful, and adding cayenne pepper to your meals is a great way to enjoy this tasty healthful spice. If you don't have cayenne pepper for cooking, that is a great place to start. My bottle of cayenne pepper suggests a number of uses: marinades, rubs, chili, curries, stews, salads, snack mixes. These are some of the many ways to bring more cayenne pepper into your daily life.

In addition to keeping cayenne pepper on hand as a kitchen spice, consider keeping a quantity of cayenne pepper in medicinal forms. Cayenne pepper is available commercially in several forms: capsules, powder, oil, and tincture. Any of these forms may be used medicinally and as a daily health supplement. The forms of cayenne pepper that you choose to keep available in your home and in your workplace depend on your needs and preferences. In all its forms, cayenne pepper will bring its healing properties to all the cells of your body.

Cayenne powder is inexpensive. You can use the powder to make a cayenne tea, by adding a small amount (no more than one teaspoon) to about 4 ounces of warm water – or up to 8 ounces of warm water if you prefer. Cayenne tea is absorbed quickly and digested more readily than the capsule form.

When you drink the tea, many of the healing properties are absorbed into your bloodstream through your mouth and sent to work immediately throughout your body. Your mouth in turn prepares your stomach to receive and absorb the rest of the nutrients from the tea. The heat and burning sensation in your mouth won't last. Your body will acclimate quickly to the taste and heat of the cayenne pepper. If relief from tooth or throat pain is one of your needs, the tea will be immediately soothing.

While the capsule form of cayenne pepper does not release the healing properties immediately and is not absorbed as quickly, it is still an effective alternative. If you cannot tolerate drinking the tea but would still like the health benefits of cayenne pepper, you will find the capsule form just as effective as a daily health supplement. It might not bring instant relief from the pain of a migraine or instant recovery from a heart attack. But it will contribute powerfully to your overall health and healing in just a short time.

If you are concerned about heart attacks or other emergency uses of cayenne pepper, such as a first aid treatment for wounds and bleeding, or as relief for migraines, you might keep in your medicine cabinet a small quantity of cayenne tincture (cayenne extract). A few sublingual drops (drops placed directly under your tongue) will be absorbed immediately into your bloodstream. The tincture is the most expensive form, but it is worth keeping a small bottle on hand. You can use the tincture just for emergencies and use the cayenne tea as an everyday supplement. If you prefer to make your own tincture, you'll find helpful information in the next section.

If you already have cayenne powder on your kitchen spice shelf, you might be wondering what quality of powder you need for an effective healing tea. It is worth paying more for certified organic powder that has gone through levels of testing for its different properties. A doctor friend of mine who prescribes a lot of natural remedies has advised her patients for years to buy the highest quality organic herbs and spices they can afford. She says the companies that retail most of the spices you see on the grocery store shelves have given the highest quality ingredients to restaurant buyers and other corporate customers. The retail products, unless certified organic, have the lowest nutritional value. In other words, you do get what you pay for.

It's worth the investment to buy the highest quality of cayenne powder. It will save you money in the long run on reduced medical bills. Even so, if you cannot afford a higher quality right now, cayenne pepper has such high concentrations of healing properties that even the cheapest version will have a positive impact on your health. It is a better starting place than nothing at all. As you begin to experience the healing benefits of cayenne pepper, as you save on medical bills, and as you discover that your increased energy and vitality actually increases your income, you will be able to afford a higher quality of cayenne pepper for your daily tea.

Can be made into "tea" with water, or can be mixed with actual tea and even with honey or lemon – water/tea with honey and/or lemon plus cayenne for sore throats, or just for better taste

### **Is this the same as Cayenne Tea?**



As you prepare your first cup of cayenne tea, start with a small amount of cayenne powder, perhaps a quarter of a teaspoon or less, mixed with 4-8 ounces of warm water. Slowly work up to one teaspoon, as your body acclimates from one day to the next. After getting used to the tea, some folks work up to drinking the tea twice or three times daily, but no more than that. Again, work up to it. Start with just a little until your body acclimates. With cayenne pepper and it's A+ healing report card, a little is a lot.

"But I can handle more than that," you say? Resist the urge to overdo. Sometimes when folks discover the amazing healing properties in a natural food like cayenne pepper, they try to consume as much of it as possible. That is not necessary. Just by

adding a little cayenne pepper to your daily diet, you will gain tremendous benefits right away. As you take a little each day, slowly working up to a teaspoon mixed with water twice a day, you will see a consistent and remarkable impact on your overall health and specific health issues. A little will be more than enough.

I admit when I first started to drink cayenne tea, I thought, *Wow, if cayenne pepper has all these healing properties, I want more of it than just the pinch of powder I started with!* I do like hot spices so that wasn't a concern; I would love an excuse to eat more hot and spicy foods. However, I decided to be sensible and start with about an eighth of a teaspoon mixed with 4 ounces of water.

The tea was refreshing to drink – I enjoyed the taste – and I noticed an immediate positive effect on my body. Recognizing its potency and immediacy, I decided to respect the power of this delightful spice and to resist the urge to take more than that small amount at first. It was enough for one day to introduce my body to a new daily reviving spice, and a good tasting one at that. I realized it was best to give my body a chance to adapt to, receive and assimilate all the blessings of this tiny healing wonder.

If you've been missing cayenne pepper all your life, don't try to make up for lost time by going overboard or obsessing. Just enjoy the immediate and powerful benefit of a cup of cayenne tea per day, starting with a small amount of cayenne powder, and working up to one teaspoon two to three times per day. Consistency is more important than quantity. Remember, you can always get a little more by adding cayenne powder to your cooking and snacks as well.

Aside from being mixed with warm water, cayenne powder also mixes well with vinegar, and it mixes well with milk. If you already take vinegar for health purposes, you can mix cayenne powder with the vinegar and take it that way. All of the nutrients and healing properties in cayenne pepper are preserved when mixed with either of these liquids. Likewise, cayenne pepper mixes well with lemon and honey and preserves all its nutrients and healing properties in those combinations. A lemon and honey cayenne tea is especially useful for healing sore throats, and can be enjoyed as a tea or used as a gargle.

## **How to Make Cayenne Tincture (Cayenne Extract)**

Tincture is made by taking an herb or spice, such as cayenne pepper, and blending it with a mixture of water and alcohol, such as vodka, or apple cider vinegar. The alcohol or vinegar allows you to store and use the cayenne for a longer period of time than if the pepper powder were just mixed with water. The alcohol also makes the mixture absorbed readily by the body.

How do you make this tincture? The simplest way is to put the peppers (fresh or dried) into a canning jar and mix with vodka or apple cider vinegar. Let the jar sit for one to two months in a cool, dark place. Shake it every day. When you're ready to bottle the tincture, strain the liquid from the jar and pour it into a dropper bottle to keep on hand for emergencies.

Use gloves when working with hot peppers and keep your hands away from your eyes.

## Heat Intensity Ratings

Cayenne is a pepper, and it is hot to the taste. Not all peppers are as hot as others. The heat intensity of a pepper is rated according to the Scoville Heat Unit (SHU). Before you add cayenne pepper to your daily diet, you need to know about SHUs. Too high of a heat intensity, and you'll have to stop taking the cayenne pepper before you get the health benefits.

The SHU of cayenne pepper is usually between 30,000-50,000. Hotter cayenne pepper, especially the African variety, *Capsicum fastigiatum*, can be 90,000-140,000. Your body will gradually acclimate to a hotter intensity of cayenne pepper, but start lower. Give your body time to build up tolerance.

Although the healing properties of cayenne pepper exist in lower heat intensity (less than 40,000 SHU), they are less efficient than the higher intensity ones. You may want to start with a lower intensity just to get your system used to it. You may then work your way up. I personally started with 30,000 SHU and graduated to 90,000 in about six months. Even a tiny amount of a higher SHU every day will do wonders for your health.

As you take cayenne pepper, you will of course notice the heat – not by the rating alone but by what you feel. The heat sensation is not harming you – not literally burning you up. It just takes getting used to. As you begin to feel the benefits, you'll appreciate the tea as you're taking it. Your body will adapt, as long as you don't go overboard.

If you're sensitive to heat and spices and it's just too much for you to drink cayenne tea every day, you know that you can at least keep it on hand for emergencies, especially in tincture form.

## Precautions to take

Cayenne pepper in tea or capsule form can be taken every day, as part of your health supplements. It is effective for overall health and prevention, in addition to its contributions toward healing of specific conditions. You can also find creative and tasty ways to incorporate cayenne pepper into your cooking, especially if you like the taste.



An advantage in introducing a healing spice like cayenne pepper is that the cayenne powder is derived wholly from a natural food consumed as a normal part of many people's diets. The powder is processed by baking the natural pepper meat and then crushing the baked pepper into a powder. The nutrients are preserved through the baking and crushing process. No artificial ingredients are involved.

Even so, consult with your doctor before committing to drink a daily dose of cayenne tea. It is good wisdom, whenever you introduce a new substance into your diet for medicinal or health purposes, to check with your doctor first. This is just a good idea for several reasons. First, you are taking in a greater quantity of cayenne pepper than you would consume through your daily cuisine. Secondly, when you take a natural supplement that can radically impact your health, even for the better, your doctor needs to know so he or she can help you navigate through the positive changes that will result. Thirdly, your doctor will help you learn how to check for any allergies you might have. Reports of allergies to cayenne pepper seem to be few and far between, but it is wise to check and to know what to look for.

If you are pregnant, you need to use caution and consult your doctor before consuming any cayenne pepper. Do not use cayenne pepper at all if you are breast feeding; do not even use it as a condiment with your meal, because the pepper will get into the breast milk and be taken in by your baby. That is not something you want to happen!

Because of the strong impact of cayenne pepper on circulation, stomach tissue and digestion, you need to be careful if you are already taking blood thinners or stomach acid reducers. You need to check with your doctor before adding cayenne pepper to your diet.

Any time you introduce a new herb with tremendous healing properties, your body will have some adjustment as healing takes place. You need to be aware of this and to understand what is happening. You might feel some discomfort at first, as toxins are eliminated and as body systems realign and heal. You'll be surprised at how fast your body responds to just a small amount cayenne pepper. Your doctor will and must help you navigate through these changes.

As with any health supplement, cayenne pepper will bring the most benefit to you if you also make other changes that might be needed to support a healthy lifestyle. Your doctor can help you determine what these changes might entail.

Remember: As you introduce cayenne pepper and its healing benefits to your body, don't go overboard. You don't need to. A little cayenne pepper packs a powerful medicinal punch. Cayenne pepper is potent and filled with healing potential. Respect how powerful it is and take it easy as you bring this wonderful healing spice to your life.

Because of its attractive bright colors, its extreme potency when taken in large amounts, and the burning sensation it causes, keep your supply of cayenne pepper away from small children.

## **Wrap Up**

Cayenne pepper is a wonder of nature. It is overflowing with healing properties that impact every part of the body in so many ways. Cayenne pepper works in intervention and prevention. It cleans out the things that harm the body. It builds up the cells of the body. It improves the body's functioning. It relieves pain and inflammation, kills cancer cells and stops heart attacks. Best of all, it is a tasty addition to meals and easily absorbed in powder and tincture forms. It is worth keeping on hand – in the kitchen, car, briefcase, purse, desk, and wherever else life takes place. Cayenne pepper is truly the spice of life.

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