

an antihistamine, which reduces the common symptoms of allergies such as watery eyes and sneezing. The reason why you are advised to use black seed oil for reducing the allergy symptoms is, it works as a bronchodilator too. Moreover, it decreases the air resistance in respiratory system and increases the flow of air in the lungs. Because of this dilation, the asthma and other allergic problems are less likely to happen.

It is always advised to use the black cummin in oil form for treating your allergies. Take one teaspoon of black cummin oil only twice a day. Use this oil for about week or two.

**Breast Feeding & Lactation:** Mix honey and the oil in equal amount. Take one teaspoon every day.

**Mouth Infection/Gingivitis:** Take half a teaspoon and swish around in your mouth.

**Brain Power**

**Brain Power:** Become more mentally alert by taking two teaspoons of black cummin seed oil with raw honey in yogurt or add this to a favorite juice.

**Insomnia:** Recipe: A teaspoon of BSO & honey or with tea before dinner offers relief from insomnia and a restful sleep.

**Nose and Throat Conditions:** Make a mixture of the oil with lemon juice and honey. Take twice a day.

**Back Pain:** Rub the oil on the back before going to bed. Eat honey and black seed or its oil.

**Muscular Pain:** Apply the oil to the area where there is pain and massage gently for a few minutes.

**Rheumatic Pains:** Mix black seed and honey and eat daily in small amount. Rub the oil on the aching areas.

**Stomach Pain:** Take a teaspoon of black seed with honey. Mix some honey in a peppermint tea and sip it while it is lightly warm.

**Caring for Open Wounds:** Because of its antibacterial qualities, BSO was used in ancient Egypt for the treatment of open wounds. BSO discourages infections and accelerates the healing process. Clean the wound

under running water. Apply BSO to a clean linen cloth and tie gently to the injured area. Change the bandage daily.

**Beauty:** Ingesting black cummin will improve skin texture due to the essential fatty acids it contains such as linoleic acid. Black cummin will also stimulate hair growth at the roots and strengthen nails. It was said Queen Nefertari used black cummin seed oil religiously for her hair.

UPON READING THE LONG LIST of ailments for which black seed in its various forms (oil, seeds, capsules) is supposed to provide relief, many people react with disbelief. But black seed's healing powers are completely real, and they do not seem so impossible once one understands that they all stem from one source—the plant's ability to stabilize and strengthen the body's immune system. Calling black seed a magical cure would certainly be an exaggeration, but it is almost impossible to exaggerate its effectiveness.

Black seed, also known as the “**blessed seed**” is an herb whose healing characteristics have been held in high regard in the Middle East for more than three thousand years. The herb was traditionally used to treat respiratory illnesses, stomach and intestinal ailments, and circulatory and immune system dysfunction, and as a tonic for general well-being.

**BLACK SEED BENEFITS**

- Pain-Killing
- Anti-Bacterial
- Anti-Inflammatory
- Anti-Ulcer
- Anti-Cholinergic
- Anti-Fungal
- Anti-Hypertensive
- Antioxidant
- Antispasmodic
- Antiviral
- Bronchodilator
- Anti-Diabetic
- Liver Protecting
- Hypotensive
- Insulin Sensitizing
- Interferon Inducer
- Leukotriene Antagonist
- Kidney Protecting
- Tumor Necrosis Factor Alpha Inhibitor

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Black Seed  
The Remedy For  
*Everything*  
But  
**DEATH**

**The Benefits of using  
Black Seed are real  
Experience it for yourself!**

The use of herbs & medicinal plants as the first medicines is a universal phenomenon. Every culture on Earth, through written or oral tradition, has relied on the vast variety of natural chemistry found in healing plants for their therapeutic properties. As our modern way of life moves further away from utilizing medicinal herbs for health more people feel a yearning to return to a simple, safer holistic approach to healing. Black Seed is a comprehensive & time-tested remedy to a myriad of illnesses, with no side effects. The immune system protects the body from bacteria, viruses, fungi & other harmful organisms. Toxins in food, the environment & stress all contribute to a decline in immune system activity. If your immune function is weakened, your body cannot ward off infections or fight disease. Black seed aids in healing because it plays a vital role in the strengthening & improving of the action of the immune system. Black seed should be used as part of an overall holistic approach to health & ideally incorporated into one's everyday lifestyle. In this way, the many nutritional & healing properties contained in the seed can help build the body's immune system over time, supplying it with the optimum resources it needs to help prevent & fight illness & disease.

## THERE IS HEALING IN BLACK SEED FOR ALL DISEASES EXCEPT DEATH

When ancient Egyptian kings, European queens, religious prophets and modern scientist come together on an issue, it's probably worth hearing out. Although today we have more access to information than ever before, we still have a lot to learn from history.

From Hippocrates and Cleopatra, to King Tut and the civilizations that followed, a strange commonality they shared was the value they placed on a certain herb.

**That herb is no other than black seeds.**

Nowadays, people are much inclined towards natural ways of treating various diseases because the allopathic medicines mostly come up with side effects. There are number of natural products that can help people to cure from normal to severe diseases. One of such natural products is Nigella Sativa (Black Cumin seed).

Composition of Nigella Sativa: Before we go into the details of Nigella Sativa, it is imperative to know its composition and nutrients. By understanding the composition and constituents of black cumin seed, you will be able to understand why it's considered best for curing several diseases.

**Nigella Sativa Oil Constituents:** The oil of black cumin seed consists of several nutrients that are considered vital for overall growth of human. According to the medical research on Nigella Sativa, there are 21% protein, 35% carbohydrates, and 35% to 38% fats in Nigella Sativa. The fats in black cumin oil are both saturated and unsaturated fatty acids. The fatty acids in Nigella Sativa are present in following percentages: 24% Monounsaturated Acids, 18% Saturated Acids, 58% Poly saturated Acids.

These are the basic constituents of black cumin oil. Apart from these, there are thiamin, niacin, zinc, and phosphorus in Nigella sativa too.

The major component of Nigella sativa oil is Thymoquinone. The Thymoquinone in black seeds has 50% phytochemical and fatty acids that have antioxidant properties. In addition, the oil also contains

40% p-cymene and 15% a-pinene that are organic compounds.

The Nigella sativa is among enriching natural products, which contains many things that can be used for treating various diseases. So let's look into some recipes in using Black Seed Oil.

### Skin Conditions:

Recipe 1: Drink ½ teaspoon BSO 2-3 times a day

Recipe 2: For clean skin: Mix ½ teaspoon of BSO with a tablespoon of olive oil. Rub the face with this mixture & leave on for one hour. Wash.

In severe skin conditions such as psoriasis and eczema, which badly damages the skin, black seed oil is considered a great remedy that relieves you from these skin problems and soothes the skin. Apart from that, you must apply pure black seed oil every night before sleeping all over your body. It will nourish the skin and help it stay in good condition.

If you have skin diseases like acne, pimples, or eczema, then you must take a teaspoon of black seed oil with one cup of vinegar and rub it on the affected skin places. Continue this process for about three to four weeks at least in order to have effective remedy of your acne problems.

### Black Seed for Hair Growth

According to the research on Nigella Sativa oil, the black cumin seed oil is effective for hair growth. This is a great

medicine for men and women who are experiencing hair fall or dandruff issues with their hairs. The black seed oil has essential fatty acids that prevent hair thinning and falling. In addition, it helps your hair to grow fast and healthy.

The Black seed oil contains following elements for hair growth and issues related hair: Omega-3 and Omega-6 fatty acid; Vitamin A,B2,C, and Niacin; Essential hair growth compounds i.e. Thymoquinone and Nigellone.

Following are the key benefits of using black seed oil for hair problems: It stops hair loss, stimulates hair growth, makes you hair grow fast and thickens the appearance of hair, provides wholesome vitamins, you can easily get rid of dandruff.

### Kidney and Liver Functions

Both kidney and liver function in order to regulate the urinary system, and to expel toxins. However, the urinary system is often affected and it becomes hard to remove toxins for kidney and liver patients. For those, who are having kidney and liver issues, the black seed oil is there to resolve the issue quickly. There are number of ways through which black seed oil can help you solve your kidney, bladder and liver diseases. In order to solve the issues related bladder and difficulty in urine expelling, you must take a half teaspoon of black seed mixed with honey and warm water. You should take this mixture every morning before breakfast.

In order use black seed as a remedy for liver, you must mix it with olive oil and use it twice a day. Mixing a glass of warm water, you can drink it that will be tasteless and drinkable. By using these tips, you will surely be able to prevent the stones in kidney. In addition, if you already have kidney stones, then the use of black seed oil will dissolve the stones in your kidney. This will make it functional. Hence, the liver and kidney will start working effectively without causing any stresses to bladder.

### Allergies

Like watery eyes, sneezing, and stuffy nose bring a lot misery. Medication aggravates and leads to other serious allergic situations like asthma and sinusitis. Nigella Sativa has proved to be the best ailment for all kinds of allergies. The black cumin seed oil works like

