

Beans Bullets Band-aids & Bullion



The greatest benefit of using *cayenne pepper* in natural medicine comes from cayenne's ability to rapidly **stimulate the circulatory system** and deliver fresh blood and nutrients to the heart and other organs in the body. When used properly, cayenne "opens up" capillaries allowing vitalized blood to reach areas that it may not normally reach due to poor circulation.

Clinical and anecdotal evidence strongly suggests that **cayenne pepper can be utilized to carry other substances**, such as herbs and other nutrients, into the bloodstream - and sometimes within seconds. Extensive clinical studies conducted with cayenne pepper and Ginko Biloba demonstrate that Ginko is effective in 75% more cases than if the herb were used alone. This is significant since in order for Ginko Biloba to be effective it must be carried directly to the brain.



Extensive reports by Dr. Christopher show the vast benefit cayenne pepper can have both with emergency heart conditions and the health of the entire circulatory system. Dr. Christopher, after extensive experience, believed that cayenne pepper delivers vital nutrients directly to the heart within seconds of proper use. He utilized the stimulating effects of cayenne to restore proper function to the heart in heart attack cases.

In order to maximize the benefits associated with cayenne pepper, **a high quality product must be used**, with a true rating of between 90,000 and 150,000 HU (heat units). A link is provided to [purchase cayenne pepper in our colloidal silver products section.](#)

Although it's much more convenient to use capsules, the full benefit cannot be achieved with this method. A tincture or a powder (added to water) should be used. A full strength dose is one teaspoon of powder mixed into a glass of warm water. Despite the initial discomfort, it is critical that the cayenne come in contact with the tongue as the cayenne acts as a metabolic catalyst.

Cayenne and Colloidal Silver

It is unknown exactly how effective cayenne pepper is in delivering colloidal silver to the bloodstream or organs of the body. Our experiments centered around utilizing cayenne pepper orally for use with stubborn lung infections that were resistant to other treatment.

In addition to stimulating the circulatory system, cayenne loosens the mucus in the lungs associated with infections. Within only a few minutes of using cayenne orally, the mucus begins to break up, and the lungs begin a process of clearing. This treatment is ideal when nebulizing with colloidal silver. Since any colloidal silver is only effective in areas it can directly reach, utilizing cayenne in this manner can greatly increase the infection fighting properties of colloidal silver as used in the lungs.

We have always chosen to use the nebulizer first to deliver colloidal silver into the lung tissues (see the section on oxygen nebulizer use). Then, having mixed one teaspoon of cayenne powder in a glass of warm water, one takes a partial mouthful of the mixture, and holds it under the tongue for as long as possible before swallowing (at least 30 seconds). The discomfort is temporary, and is best done when the stomach is not empty. One waits three to five minutes (or until comfortable) before using the nebulizer again.

This treatment should be tailored according to the situation and the tolerance/condition of the person in question. Definitive results should become quite evident within 72 hours even with chronic conditions.

It is always wise to use cayenne pepper sparingly when the body is not adjusted to use (the same can be said of colloidal silver). To do so, adjust the frequency of use and not the individual dose level. The critical part of the treatment is delivering as much of cayenne's "heat" to the body at one time as is safely possible.

The full potential of cayenne as used with colloidal silver is unexplored. Considering the known benefits of cayenne and its proven safety in culinary use, it is undoubtedly an excellent addition to any health regime.

Cayenne Pepper



One of the best healing stimulants in herbal medicine..

CAYENNE PEPPER is a stimulant. It improves circulation and purifies the blood. It is Anti bacterial, promotes healing and prevents infection.

Scientific evidence indicates that Cayenne pepper is useful for healing in common colds and flu, heart disease, yellow fever, gangrene and cancer.

It is good for the kidneys, spleen, pancreas, lungs and heart.

Cayenne also helps other herbs to work more effectively when taken at the same time.

CAYENNE PEPPER is known to normalize blood pressure and stop internal and external bleeding. It lowers cholesterol and is useful for people with poor circulation.

DISEASE is caused by poor circulation or lack of fresh blood to the affected area. CAYENNE can ward off disease by helping blood circulation.

CAYENNE PEPPER should not be taken in capsule form. Much of the healing starts in the mouth. As cayenne touches the tongue it sends signals along nerve endings, sending new blood to the parts' of your body, which are sick, thereby promoting healing.

CAYENNE PEPPER comes in many different forms but hottest is best. See end for list of peppers and heat scale.

CAYENNE PEPPER has been used in treatment for health conditions such as:-

Angina – heart pains, Arthritis, Asthma, Atherosclerosis, Bleeding gums, Blood clots, Bowel diseases, bruises, cancer, colds, flu, heart failure, diabetes, diabetic neuropathy, duodenal ulcers, elevated cholesterol,

elevated triglycerides, fatigue, food poisoning, free radical activity, frost bite, frozen limbs, headaches, head congestion, heart arrhythmias, heart attack, heart disease, heatstroke, haemorrhaging, herpes zoster, hypertension, impotence, indigestion, influenza, itching, lumbago, motion sickness, mouth sores, multiple sclerosis, nerve inflammation, neuralgia, night blindness, obesity, pain, peptic ulcer, poor appetite, psoriasis, respiration disorders, shingles, stomach ulcers, toothache. Etc.

THE CONSTITUENTS OF CAPSICUM/CAYENNE PEPPER

Vitamin A, Vitamin C and Alkaloids known as Capsaicin are the constituents of Capsicum/ Cayenne pepper.

The University of Arizona Cancer Centre reported that the results of a study they had conducted showed that Vitamin A reduced cancerous lesions of the mouth. It may also help people with oral or oesophageal cancer caused by excessive tobacco smoking and alcohol drinking.

Vitamin A is needed for good vision. It helps to create visual purple which is needed for night vision.

Vitamin A heals inflammation of the eyes, smoothes rough skin, and clears acne. It helps to reduce wrinkles and heals wounds. Strengthens bones and teeth and is good for the lungs.

Vitamin A is the most potent killer of free radicals, especially one called singlet oxygen that causes the aging of cells. It also heals disorders of the stomach lining. E.g. Ulcers.

Vitamin C helps to clear blood clots in veins. Helps to prevent heart disease by eliminating plaque from the arteries. Helps to heal wounds. Helps to prevent colds

It is not advisable to take huge doses of Vitamin A. So buying and taking supplements of Vitamin A is not recommended.

CAPSAICIN is what causes burning sensation. It also causes the brain to activate the salivary glands and endorphins, the body's natural painkillers. These endorphins give us a feeling of pleasure. In time our tolerance of chilli heat increases and we are able to take more.

CAPSICIN is the main ingredient in some pain killing creams. For pain relief from Arthritis, and Diabetes nerve damage. It is also an anti oxidant which helps to stop cancer cell growth. Studies have shown that Capsaicin found in chilli peppers causes tumour cells to die by starving them of oxygen.

17 Health Benefits of Cayenne Pepper...

Many societies, especially those of the Americas and China, have a history of using cayenne pepper therapeutically. A powerful anti-inflammatory, cayenne pepper is currently gaining buzz for cleansing and detoxifying regimes such as the [Master Cleanse](#), which uses the spice to stimulate circulation and neutralize acidity.

Cayenne pepper has been used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, dyspepsia, flatulence, sore throat, atonic dyspepsia, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever and diphtheria.

1. Anti-Irritant Properties

Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

2. Anti-Cold and Flu Agent

Cayenne pepper aids in breaking up and moving congested mucus. Once mucus begins to leave the body, relief from flu symptoms generally follows.

3. Anti-Fungal Properties

The results of one study indicated that cayenne pepper could effectively prevent the formation of the fungal pathogens phomopsis and collectotrichum ^[1].

4. Migraine Headache Prevention

This may be related to the pepper's ability to stimulate a pain response in a different area of the body, thus reverting the brain's attention to the new site. Following this initial pain reaction, the nerve fibers have a depleted substance P (the nerve's pain chemical), and the perception of pain is lessened.

5. Anti-Allergen

Cayenne is an anti-inflammatory agent and may even help [relieve allergies](#).

6. Digestive Aid

Cayenne is a well-known digestive aid. It stimulates the [digestive tract](#), increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for [relieving intestinal gas](#). It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.

7. Anti-Inflammatory Properties

Cayenne's anti-inflammatory properties makes it a great herb for arthritis, diabetes, psoriasis and herpes-related nerve damage.

8. Helps Produce Saliva

Cayenne stimulates the production of saliva, an important key to excellent digestion and maintaining optimal oral health.

9. Useful for Blood Clots

Cayenne pepper also helps reduce atherosclerosis, encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

10. Detox Support

Cayenne is a known circulatory stimulant. It also increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also causes us to

sweat, another important process of detoxification. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for [total body detox](#).

11. Joint-Pain Reliever

Extremely high in a substance called capsaicin, cayenne pepper acts to cause temporary pain on the skin, which sends chemical messengers from the skin into the joint, offering relief for joint pain.

12. Anti-Bacterial Properties

Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria.

13. Possible Anti-Cancer Agent

Studies done at the Loma Linda University in California found that cayenne pepper may help prevent lung cancer in smokers ^[2]. This may be again related to cayenne's high quantity of capsaicin, a substance that might help stop the formation of tobacco-induced lung tumors. Other studies have also shown a similar reaction in cayenne's ability to inhibit liver tumors.

14. Supports Weight Loss

Scientists at the Laval University in Quebec found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic-booster, aiding the body in burning excess amounts of fats.

15. Improves Heart-Health

Cayenne helps to keep blood pressure levels normalized. It also rids the body of LDL cholesterol and triglycerides.

16. Remedy for Toothache

Cayenne is an excellent agent against tooth and gum diseases.

17. Topical Remedy

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

-Dr. Edward F. Group III, DC, ND, DACBN, DABFM

References:

1. P.C. Agarwal, Usha Dev, Baleshwar Singh, Indra Rani, Dinesh Chand, R.K. Khetarpal. [Seed-borne fungi identified from exotic pepper \(Capsicum spp.\) germplasm samples introduced during 1976–2005](#). PGR Newsletter – Bioversity. issue. 149, pp.39-42.
2. Urashima M, Segawa T, Okazaki M, Kurihara M, Wada Y, Ida H. [Randomized trial of vitamin D supplementation to prevent seasonal influenza A in schoolchildren](#). Am J Clin Nutr. 2010 May;91(5):1255-60. doi: 10.3945/ajcn.2009.29094. Epub 2010 Mar 10.

Cayenne peppers can be used in a variety of herbal remedies from indigestion to high blood pressure.

Are you a hot salsa or chili fan? Then you'll want to learn more about the virtues of the cayenne pepper. These ripe fruits of the Capsicum genus are widely used as a popular spice, but cayenne peppers also are dried and powdered or tinctured for medicinal purposes. In this article, you will learn some herbal remedies using cayenne pepper as well as some precautions you should take when using this fiery plant.

Uses of Cayenne Pepper

Cayenne stimulates digestion and muscle movement in the intestines, which helps restore deficient digestive secretions and aids absorption of food nutrients. (Stomach acid tends to decline with age, and some cases of poor digestion are related to a lack of this acid.)

Cayenne also stimulates circulation and blood flow to the peripheral areas of the body. Because it stimulates digestion and circulation, cayenne is often added to a wide variety of herbal remedies; it improves the absorption and circulation of the other herbs throughout the body.

Have you ever gone after the chips and salsa with gusto and then felt flushed and drippy in the nose? Cayenne warms the body and stimulates the release of mucus from the respiratory passages. Anyone who has eaten cayenne knows that hot peppers can clear the sinuses and cause sweating.

Cayenne actually can raise the body temperature a bit, as it stimulates circulation and blood flow to the skin. An herb such as cayenne or ginger that promotes fever and sweating is considered to have a diaphoretic (sweat-inducing) action. This action can help reduce fevers and relieve such the congestion of colds and sinusitis.

Cayenne has become a popular home treatment for mild high blood pressure and high blood cholesterol levels. Cayenne preparations prevent platelets from clumping together and accumulating in the blood, allowing the blood to flow more easily. Since it is thought to help improve circulation, it's often used by those who have cold hands and feet.

You can use cayenne peppers topically as a pain-relieving muscle rub and joint liniment. The source of the heat is capsaicin, the fiery phenolic resin found in most hot peppers. Capsaicin causes nerve endings to release a chemical known as substance P. Substance P transmits pain signals from the body back to the brain.

When capsaicin causes substance P to flood out of the cells, you experience a sensation of warmth or even extreme heat. When the nerve endings have lost all of their substance P, no pain signals can be transmitted to the brain until the nerve endings accumulate more substance P. For this reason, topical cayenne pepper products are popular for the treatment of arthritis, bursitis, and for temporary relief of pain from psoriasis, herpes zoster, and neuralgia (nerve pain). These cayenne preparations are most appropriate for long-standing chronic conditions, not acute inflammations.

Cayenne often is found in diet and weight-loss formulas. But can eating hot peppers really help you lose weight? Probably not, but cayenne may support your diet and exercise efforts. Because it aids in digestion and absorption of nutrients, cayenne can reduce excess appetite that is due to malabsorption, a common condition in overweight people.

In the next section, you will learn how to prepare cayenne pepper for herbal remedies and some of the potentially dangerous side effects.

Cayenne Pepper Sore Throat Gargle

Use this gargle to relieve sore throat, hoarseness, and respiratory congestion.

- 1/8 to 1/2 tsp cayenne (depending on individual tolerance), powdered
- 2 Tbsp salt
- 10 drops mint essential oil
- 10 drops orange essential oil
- 2 drops thyme essential oil
- 2 drops myrrh essential oil

Bring 2 cups of water to a boil. Reduce heat, add cayenne and salt. Simmer 15 minutes. Stir vigorously, and add essential oils. Gargle with 1 cupful. Rinse out mouth with plain water, and repeat with the second cup of gargle solution.

Preparations and Warnings for Cayenne Pepper

Like all herbs, there are some precautions you should take before using cayenne pepper medicinally.

Cayenne Pepper Preparations and Dosage

To clear a head cold and relieve sinus pain and congestion, try drinking a cup of tea made with lemon and ginger or some horseradish to which you've added a dash or two of cayenne pepper.

Cayenne Pepper Precautions and Warnings

If you've ever accidentally rubbed your eyes after cutting hot peppers, you know this herb should be handled carefully. Cayenne pills may cause a burning sensation in the throat, stomach, or rectum of sensitive individuals. Some people may tolerate cayenne fluid preparations or combination products better than tablets or capsules. Others may find cayenne pepper in the diet easier to digest than cayenne medications.

Use small, cautious doses only. Avoid getting cayenne into the eyes or open wounds. Do not use topical applications of cayenne products too frequently, as there is some concern that nerve damage could occur with daily repetitive use. Cayenne placed directly on the skin can cause burns and even blisters, so dilute a cayenne preparation in oil before placing it on the skin, or mix it with flour and water until it forms a paste, which you can spread on muslin to prepare a poultice. You also can mix cayenne with orris root powder and dust it very lightly on heavily oiled skin, working it in with massage.

Do not use cayenne in cases of high fever (104 degrees Fahrenheit or above). Cayenne preparations are not recommended for use by individuals who have rapid heart rates or who become overheated or perspire easily. Avoid internal use of cayenne in cases of asthma and gastrointestinal irritation or inflammation, except under the supervision of an experienced herbalist. Do not use cayenne on broken skin.

When cooking or making medicines with cayenne peppers, you must take into account the widely varying intensities (heat) of different peppers -- from very mild to extremely fiery. There is even considerable variance in heat of peppers from the same bush throughout the season or due to the health and size of the pepper. Always taste peppers first. **Side Effects of Cayenne Pepper.** Cayenne peppers are a member of the Solanaceae, or Nightshade, family, which includes tomatoes, potatoes, eggplant, and tobacco. A very few individuals have an intolerance to this entire family, experiencing symptoms that can include joint pain after eating even a small amount of these foods. **To learn more about treating common medical conditions at home, try the following links:**

- For an overview of all of our herbal remedies, go to the main [Herbal Remedies](#) page.

- To learn more about treating medical conditions at home, visit our main [Home Remedies](#) page.
- One of the best things you can do for your health and well being is to make sure you are getting enough of the vital nutrients your body needs. Visit our [Vitamins](#) page to learn more.
-

Jennifer Brett, N.D. is director of the [Acupuncture Institute for the University of Bridgeport](#), where she also serves on the faculty for the College of Naturopathic Medicine. A recognized leader in her field with an extensive background in treating a wide variety of disorders utilizing nutritional and botanical remedies, Dr. Brett has appeared on WABC TV (NYC) and on Good Morning America to discuss utilizing herbs for health. This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Before engaging in any complementary medical technique, including the use of natural or herbal remedies, you should be aware that many of these techniques have not been evaluated in scientific studies. Use of these remedies in connection with over the counter or prescription medications can cause severe adverse reactions. Often, only limited information is available about their safety and effectiveness. Each state and each discipline has its own rules about whether practitioners are required to be professionally licensed. If you plan to visit a practitioner, it is recommended that you choose one who is licensed by a recognized national organization and who abides by the organization's standards. It is always best to speak with your primary health care provider before starting any new therapeutic technique.