

Cayenne

The following is provided as information ONLY. It is not intended to diagnose or treat any condition or illness. If you have any medical conditions or special medical consideration ALWAYS contact your physician before taking any herbal remedy. Keep a list of all herbal formulas you may be using and provide your doctor with a copy of that list. If you are on ANY regularly prescribed or over the counter medications, DO NOT use any herbs with medicinal properties until you have discussed their use with your physician or health care provider and gotten clearance or approval to use them. Herbs contain naturally occurring chemicals that may adversely react with or counteract other medications. Always use herbs with caution. If you are allergic or have sensitivities to ANY components DO NO USE.

Cayenne can be a medicinal and nutritional herb. It is the purest and most certain herbal stimulant.

Taking cayenne daily may help improve your circulation and digestion and it can be a powerful food for the heart.

CIRCULATION

One of the most important uses of cayenne is as a circulatory stimulant. Research demonstrates that it appears to feed the necessary elements into the cell structure of the arteries, veins, and capillaries so that they regain youthful elasticity and so that the blood pressure reduces itself to normal. When the venous structure becomes loaded with sticky mucus, the blood cannot circulate freely, so higher pressure is needed to force the blood through. Cayenne equalizes the blood pressure, influencing the heart immediately, and then extending its effects to the venous structure. It also works to cut the mucus in the venous system, and indeed in all the systems throughout the body. ***DO NOT USE IF YOU HAVE CIRCULATORY PROBLEMS, CONDITIONS OR ARE TAKING MEDICATIONS WITHOUT DISCUSSING THE USE OF CAYENNE WITH YOUR HEALTH CARE PROVIDER BEFORE BEGINNING USE OF CAYENNE OR ANY OTHER HERB.**

DIGESTION

Historically, the most common medical use of Cayenne is as a gastric stimulant and digestive aid. It rebuilds the stomach tissue and stimulates peristalsis, thus assisting in assimilation and elimination.

Cayenne improves digestion. Studies have revealed that cayenne stimulates the production of hydrochloric acid, which enables the breakdown of proteins in the stomach. It works best when it is tasted; it only takes a pinch on the tongue before eating! Any way you eat it, before or during the meal, cayenne has been shown to improve digestion. ***DO NOT USE IF YOU HAVE DIGESTIVE PROBLEMS, CONDITIONS OR ARE TAKING MEDICATIONS WITHOUT DISCUSSING THE USE OF CAYENNE WITH YOUR HEALTH CARE PROVIDER BEFORE BEGINNING USE OF CAYENNE OR ANY OTHER HERB.**

HOW TO TAKE CAYENNE DAILY

Start by taking ¼ teaspoon of this herb three times a day. Gradually work up to 1 teaspoon three times a day. Stir the cayenne in 4-6 ounces of distilled water. Drink this, and then chase it with more distilled

water. To assure that you get good quality cayenne, we recommend that you buy it at a health food store. ***DO NOT USE IF YOU HAVE A CORONARY CONDITION OR ARE TAKING MEDICATIONS FOR YOUR HEART OR BLOOD PRESSURE WITHOUT DISCUSSING THE USE OF CAYENNE WITH YOUR HEALTH CARE PROVIDER BEFORE BEGINNING USE OF CAYENNE OR ANY OTHER HERB.**

GROWING YOUR OWN CAYENNE

Cayenne can be cultivated just like Green Peppers. Seeds can be purchased at garden stores or through seed catalogs. You can start them under glass or in the house in mid-February if you plan to set them in late May. Feed the developing seedlings manure tea and turn them so each side gets equal sun.

When you are ready to set the plants, protect them from cutworms with a tin-can or brown-paper collar and set them three feet apart, as they grow bigger than bell peppers. Harden the plants gradually—partially shading them—for about a week, and mulch them to preserve moisture. Do not over-fertilize them, or you'll get much leaf and little fruit

Other Uses Of Cayenne Pepper

Cayenne is rich in carotenoids (orange and red coloring compounds), and a number of vitamins (especially A and C). Carotenoids have strong anti-oxidant properties and are receiving current interest for their protection against cancer.

Cayenne has been shown to increase libido and reverse a loss of sex drive.

It is good for sore throats, and tonsillitis.

Cayenne has an invigorating effect when applied to the skin, and can be used for temporary relief of minor aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises and sprains.

Cayenne has the ability to favorably alter levels of fat in the blood. This may help to lower hypertension and cholesterol levels. ***DO NOT USE IF YOU HAVE BEEN DIAGNOSED WITH HYPERTENSION OR ARE TAKING MEDICATIONS FOR HYPERTENSION OF CHOLESTEROL UNLESS YOU HAVE PERMISSION FROM YOUR HEALTH CARE PROVIDER. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.**

Additional Reading

The Healing Power of Cayenne Pepper by Patrick Quillin

The Health Benefits of Cayenne by John Heinerman

Medicinal Recipes

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Master cleanse recipe: use all organic ingredients. ***Consult your health care provider before beginning any detox or diet plan. Do not use if you have a sensitivity or allergy to any of the ingredients. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.**

8 oz. good spring water

2 tablespoons grade B maple syrup

1/16 to 1/10 teaspoon raw cayenne pepper {can use more to taste. If you are not used to cayenne, start with a minimal amount and gradually increase as you become accustomed to it.}

2 tablespoons fresh squeezed lemon juice

Consume 4 to 8 glasses per day for a simple and sound detox and cleanse plan. It can be continued for several days for extended detox and weight loss. ***If you experience any discomfort or reactions, discontinue use and consult your health care provider. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.**

To Fight Flu and Colds

Cayenne tincture

Goldenseal tincture

Garlic (kyolic or other capsule forms or fresh according to personal choice)

Vitamin C 500-1000 units

Take 8-10 drops each of cayenne and goldenseal tincture in orange juice or water along with garlic and vitamin C supplement. Take 3 times a day up to 3 days if necessary. **If you experience fever, sore throat, pain or other symptoms, discontinue use and contact your health care provider. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.**

Upper Respiratory Congestion and Coughing Formula

**adapted from a recipe of Rosemary Gladstar.*

Ingredients: use organic

3-4 oz ginger root

3-4 oz tumeric root

3-4 oz garlic bulbs

lemon juice –from 1 large or 2 small (approximately 3 - 5 tablespoons)

¼ to ½ tsp cayenne (enough to feel a kick)

3-4 oz honey or more to taste.

Mix well and place in a quart jar and store in refrigerator. The mixture gets better as it ages. I have had mine for 2 years now. Use 1 tsp 2-3 times a day as needed. ***If your cough is severe, painful, produces thick, discolored or large amounts of mucus or is accompanied with difficulty breathing, shortness of breath, a fever or sore throat or if symptoms last for more than a few days, discontinue use and contact your health care provide immediately. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.***

Simple Sore Throat Gargle

1 teaspoon ground Cayenne

1 teaspoon apple cider vinegar

3 tablespoons clover honey

8 oz warm water

Mix well and gargle as often as necessary. ****If you experience fever, difficulty breathing, light-headedness, fatigue, sore or stiff neck, severe pain when swallowing, or if symptoms continue from more than a few days, discontinue use and consult your health care provider immediately. Always make sure your health care provider is told of all herbal treatments, supplements or remedies you may be taking.***