

Life-Changing Ways Black Seed Oil Can Positively Affect Your Health

Some of the best natural remedies take root thousands of years ago, and only today are making a huge comeback. No wonder, some of these can completely change if not save lives.

One of these remedies that is quickly growing in popularity is black seed oil, also known as black cumin oil, black caraway oil, Roman coriander oil, or black sesame oil.

The oil is derived from the *Nigella sativa* plant, a native to Asia. The plant's small, black, crescent-looking seeds were used for centuries in India, the Middle East, and the Mediterranean. It was used to make the oil as early as 3,000 years ago in Egypt. The oil was even found in the famous Egyptian pharaoh Tutankhamun's tomb. It is also been said that Hippocrates, a Greek physician, used it for digestive issues.

Related Product: *Annatto Tocotrienols with Black Cumin Seed Oil • 60sg – Designs For Health*

What's so special about this oil? Over 630 scientific peer-reviewed studies have suggested that there is virtually no health issue that black seed oil cannot help defeat.

This is not surprising, looking at its long list of properties. Black seed oil is:

- Anti-bacterial
- Anti-fungal
- Antiviral
- Anti-inflammatory
- Antioxidant
- Analgesic
- Antispasmodic

- Insulin-sensitizing
- Anti-hypertensive
- Hypotensive

Black seed oil contains over 100 compounds! Its powerful medicinal properties come from arachidonic acid, stearic acid, linoleic acid, myristic acid, palmitoleic acid, palmitic acid, oleic acid, protein, calcium, phosphorous, folate, zinc, iron, copper, and vitamins B1, B2, B3.

But its best active compounds are crystalline nigellone and thymoquinone.

Must Read: *Candida, Gut Flora, Allergies, and Disease*

Black Seed Oil: Cures Everything Except Death!

It is said that the prophet Mohammad said that black cumin can cure everything but death itself. And it truly may be so! From heart disease and severe allergies to diabetes and cancer.

Reasons to Consume Black Seed Oil Regularly

Cancer prevention

Colon, lung, brain, prostate, pancreatic and multiple other cancers can be significantly reduced by using black cumin oil. A 2012 study found that thymoquinone has an anti-tumor effect and can be used to reduce the toxicity of chemotherapy. Other studies also suggested that it can protect the body from radiation, for those who are using conventional cancer therapies.

Black seed oil also helps prevent and treat cancer because of its many mechanisms: anti-metastasis (prevents spreading of secondary cancer), anti-proliferation (prevents spreading of cells), and anti-angiogenesis (prevents developing of new

blood vessels, which feed and grow tumors).

Heart health

Because black seed is full of unsaturated omega-6 and omega-9 fatty acids. In addition to providing phytosterols, they help you keep a healthy heart, healthy blood pressure, and healthy cholesterol – all of which are interconnected. Just consuming a teaspoon of black cumin oil every day will have these positive effects on the heart.

Weight Loss

Have you ever wished you lost cravings for junk food? Black cumin's unique combination of compounds reduces appetite for unhealthy foods! Meanwhile, it also helps burn body fat. It may be one of the best natural anti-obesity remedies on the planet!

Hair and Skin

Back in ancient Egypt, Cleopatra is said to have used black seed oil for her long, beautiful hair to give it shine and luster. It also strengthens hair roots, giving it an incredible ability to restore hair loss, likely to its high antioxidant content. While promoting new hair growth, black seed oil clears out dandruff. Leaving it on the hair for 30-60 minutes is the best treatment for hair.

It successfully treats not only hair damage but also skin damage. From a simple hand cream for dryness to addressing hand eczema, this oil is popular to use on skin.

Immune System

Black cumin stimulates the increase of white blood cells in the body, which are responsible for fighting off disease. This boost of the immune system can be vital in treating a cold,

flu, or even bronchitis and pneumonia.

Respiratory Problems

Having a hard time breathing? The respiratory tract is not doing well due to allergies or congestion? Black seed oil can reduce inflammation in the body and allow you to breathe freely again. For this health problem, it is better to take the oil as a preventative than as a medicine to treat an existing issue.

Coughing

Speaking of respiratory health, for a simple cough, just adding black cumin oil to ginger tea and a teaspoon of honey does wonders. It suppressed the need to cough and relaxes bronchial muscles, all while soothing a sore throat.

Rubbing black seed oil on the chest also helps open up and clear out the airways.

The third way to use it to relieve a cough is to add it to boiled water and breathe in the healing steam.

Recommended: *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*

Digestion

Hippocrates knew what he was doing when he used this remedy for digestion. Black cumin can aid healthy digestion, decrease bloating, relieve gas, and alleviate muscle cramps. It also has a soothing effect on the whole intestines, which can provide real relief for those suffering from irritable bowel syndrome.

Anxiety and depression

Black cumin seeds can stabilize the mood, and by doing so

decrease anxiety and lift depression.

Related: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*

Other uses:

- Acne
- Allergies and sinus infections
- Arthritis and joint pain
- Asthma and cholesterol
- Bacterial infections and the flu
- Blood sugar
- Boils and carbuncles
- Breast pain
- Bruising and scars
- Colic
- Diabetes
- Diarrhea
- Epilepsy
- Fertility issues and low testosterone
- Fever
- Fungal infections
- Gum disease
- Headaches and migraines
- Heartburn and constipation
- Hemorrhoids and gallstones
- Hypertension
- Infections and nasal congestion
- Insect Bites
- Insomnia
- Kidney stones and Liver Health
- Lactation issues
- Lead poisoning
- Memory problems
- Menstrual pain
- Moles

- Muscle spasms and cramps
- Nausea and upset stomach
- Nosebleeds
- Opioid addiction
- Osteoporosis
- Pain
- Parasites
- Pink eye and earaches
- Psoriasis
- Toothaches
- Vision problems
- Ulcers

Most of these are thanks to thymoquinone – heals anything but death!

NOTE: black cumin oil should NOT be taken by pregnant women as it can trigger a miscarriage; or by those with diabetes as it can lower blood sugar. Taking too much of this oil can be problematic for people who have liver and kidney problems. For anyone, do not take more than one teaspoon of this oil twice a day.

Easiest Ways to Take Black Seed Oil

Many holistic doctors agree that one teaspoon of black seed oil a day is the perfect amount to take to receive all of its health benefits (1 tsp for a 150-pound person). Because it can be too bitter for some people prefer to mix it with honey for taste and to add extra medicinal properties.

Related Product: Organic Black Seed Oil

The best time to take the oil is first thing in the morning. By itself, with honey, or mixed with a small amount of water on an empty stomach, black seed oil will kick-start your metabolism.

The oil can also be used in cooking. It is not the kind to use

for fried foods, but rather as a dressing.

Cooking with it can also be a great way to incorporate it into the diet. You can add it to bread or bagels, soups or stir-fries, and mix it into seasonings such as mustard.

Finally, black seed oil also has great cosmetic uses. It can be used on the skin as a moisturizer, an exfoliator, or a face mask; or added to shampoo for split hair prevention and a healthy scalp.

Sources:

- *Scientific studies on Nigella sativa* – U.S. National Library of Medicine
- *Black Cumin Seed Oil Benefits: The Seed You Need* – Activation Products
- *7 Proven Black Seed Oil Benefits* – Dr. Josh Axe