

Cayenne Pepper May Be A Miracle Cure

"Cayenne pepper - prized for thousands of years for its healing power. Folklore from around the world recounts amazing results using cayenne pepper in simple healing and in baffling health problems. But cayenne pepper is not just a healer from ancient history. Recent clinical studies have been conducted on many of the old-time health applications for this miracle herb. Again and again, the therapeutic value of cayenne pepper has been medically validated."

In a recent letter to the editors of the New England Journal of Medicine, three Italian doctors describe how they were able to reduce patients' reported dyspepsia symptoms by more than half - by prescribing red pepper powder. In a study of 30 patients with functional dyspepsia, half of the participants received a placebo, while the other half took 2.5 grams of red pepper powder each day (divided into capsules taken before each of three meals). Both groups took their respective treatments for five weeks, and rated their symptoms each day on a scale of zero to three (higher scores indicated more severe symptoms). By the third week, the red pepper group showed a significant advantage over the control group. And by week five, the pepper group's symptoms had declined 60 percent from their baseline scores - while the control group's scores had only decreased about half as much. The symptom scores included ratings for pain, a feeling of fullness, nausea, and an overall score. The red pepper powder produced significant gains in all four areas.

Many herbalists believe that Cayenne is the most useful and valuable herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them.

Cayenne is a medicinal and nutritional herb. It is a very high source of Vitamins A & C, has the complete B complexes, and is very rich in organic

calcium and potassium, which is one of the reasons it is good for the heart.

Digestion

Cayenne can rebuild the tissue in the stomach and the peristaltic action in the intestines. It aids elimination and assimilation, and helps the body to create hydrochloric acid, which is so necessary for good digestion and assimilation, especially of proteins. All this becomes very significant when we realize that the digestive system plays the most important role in mental, emotional and physical health, as it is through the digestive system that the brain, glands, muscles and every other part of the body are fed.

Heart

Cayenne has been known to stop heart attacks within 30 seconds. For example, when a 90-year-old man in Oregon had a severe heart attack, his daughter was able to get Cayenne extract into his mouth. He was pronounced dead by the medics, but within a few minutes, he regained consciousness. On the way to the hospital, he remained in a semi-conscious state, but the daughter kept giving him the Cayenne extract. By the time they got to the hospital, he had fully recovered and wanted to go home and mow the lawn. The doctor asked what she had given him, as he said it was the closest thing to a miracle he had ever seen.

If a heart attack should occur, it is suggested that a teaspoon of extract be given every 15 minutes or a teaspoon of Cayenne in a glass of hot water be taken until the crisis has passed.

Dr. Anderson also knew of a doctor who rushed out into the parking lot and put cayenne tincture into the mouth of a man who had died of a heart attack while he was parking his car. Within a few minutes, the man's heart starting beating again.

According to Dr. Richard Anderson, using cayenne and hawthorn berries together has a most incredible effect upon the heart. He believes that a regimen of cayenne and hawthorn berries for several months 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. Doctor's Translation: I am 2 weeks late on my yacht payments! nick (How many have heard that story!) The doctors thought it would be very risky to operate, but they had her there, and there was a lot of money to be made. 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.

Emergencies

It is a good idea to always have some Cayenne extract on hand for emergencies. Dr. Anderson carries capsules of cayenne with him in the car and whenever he goes hiking, backpacking or mountain climbing. He says,

You never know when you may find someone having a heart attack or some other emergency.

The following stories demonstrate only a few of the remarkable emergency uses of cayenne.

If a hemorrhage occurs in the lungs, stomach, uterus or nose, it is suggested that a teaspoon of extract (or a teaspoon of cayenne powder in a cup of hot water) be given every 15 minutes until the crisis has passed. The bleeding should stop in 10-30 seconds. The reason for this is that rather than the blood pressure being centralized, it is equalized by the Cayenne , and the clotting action of the blood becomes more rapid. For external bleeding, take cayenne internally and pour cayenne directly on the wound.

"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). This is one of the fastest acting aids we could ever give for the heart, because it feeds that heart immediately. Most hearts are suffering from malnutrition because of processed food we are eating, but here it gets a good powerful dose of real food and it's something that has brought people in time after time. This is something that everyone should know how great it is, because a heart attack can come to your friends or loved ones any time. And even yourself. The warm tea is faster working than tablets, capsules, cold tea, because the warm tea opens up the cell structure--makes it expand and accept the cayenne that much faster, and it goes directly to the heart, through the artery system, and feeds it in powerful food. "