


# ANCIENT REMEDIES

A white ceramic bowl filled with a golden-brown liquid, likely black seed oil, set against a background of black seeds. The bowl is centered in the lower half of the image, and the liquid inside is smooth and reflects light. The background is a dense field of small, dark, oval-shaped seeds, possibly black seeds, which are slightly out of focus.

OVER 110 WAYS TO USE  
BLACK SEED OIL  
FOR HEALTH

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# WHAT IS BLACK SEED OIL

Black Seed Oil (also often called Black Cumin Seed Oil, Nigella Sativa, Caraway Seed, Kalonji or simply Black Oil) comes from the Nigella Sativa plant that is native to India, Asia and the Middle East. Recent studies on this incredibly powerful seed oil shows it may be helpful in combating an arrangement of illnesses.

The plant is technically part of the buttercup family and has small, black, long, oval shaped seeds. Which can be ingested or made into an oil for a more potent dose.

There are now over 600 studies showing the effects of Black Seed Oil. It has active compounds such as; thymoquinone (TQ), thymohydroquinone (THQ) and thymol, Omega 3,6 & 9 EFA along with it's 8 out of the 9 essential amino acids and is a valuable source of protein, carbohydrates, vitamins A, B1, B2, C and niacin as well as minerals such as calcium, potassium, iron, magnesium, selenium and zinc.

Black Seed Oil is dates back to almost 3,300yrs ago, where it was said to be so precious a substance that it lay buried in Pharaoh Tutankhamun's tomb for him to use in the afterlife.

Said to have been used throughout history by Cleopatra, Hippocrates, Persians, Romans and used in Ayurvedic medicine.

It is claimed to be 'The remedy for all illnesses, but death'

# SOME STUDIES CONDUCTED

Having more than 600 studies being done on the benefits and effects of Black Seed Oil, it is such an amazing Oil for your health. Here's a few examples-

## Asthma & Allergies

Multiple studies have found that Black Seed Oil has anti-asthmatic effects.

## Eczema and Psoriasis

Black Seed Oil is also used for skin problems like eczema and psoriasis. It helps sooth inflammation and improves the speed of how skin heals.

## Digestion

Black Seeds Oil is carminative, meaning it aids in digestion and may decrease gas, bloating and stomach pain.

Black Seed Oil is often sometimes used in remedies for intestinal parasites. In another study, it was also shown to inhibit the growth of colon cancer cells with no negative side effects.

## Candida and Fungus

Black Seed Oil was also shown to be helpful in battling candida and fungal infections in the digestive system and on the skin.

## Antibacterial

A 2005 study showed that Black Seed Oil had effects on *S. AUREUS*, *P. AEROGINOSA* AND *C. ALBICANS*.

# SOME STUDIES CONDUCTED

## Cancers

Other studies have shown that a compound in Black Seeds and Oil, Thymoquinone, helps induce apoptosis (cell death) in leukemia cells, breast cancer cells, brain tumor cells, pancreatic cancer, cervical cancer, and even oral cancer cells and cavity forming bacteria.

## Heart Health

Thymoquinone in Black Seeds has also been shown to have a protective effect on the heart, promoting healthy cholesterol levels and help normalize blood pressure.

## Immune Health

Black Seed Oil is unique in its way of supporting the immune system. It contains antioxidants, beneficial acids and b-vitamins and supports the immune system. Black seeds seem to balance the immune system- increasing immune function but not encouraging immune reactions against the body's healthy tissue.

It has been used in alternative HIV protocols for years and it is often recommended on various autoimmune disease forums.

## Skin and Hair

It is also used topically in some cultures to naturally soften, strengthen and firm skin and help increase hair growth. Some studies even suggest that it may be a very useful remedy against scars and to prevent scar formation on wounds.

Black Seed oil is also said to help with balding, mixed with castor oil and Rosemary.

# BEST TYPE OF BLACK SEED OIL

When looking for a good Black Seed Oil you need to consider what you are using it for. When dealing with your health, you want to have the best type of Black Seed Oil that is purely natural and doesn't have traces of chemicals or components that should not be present.

Look for Superior Black Seed Oil. Ensure it is:

- \* Organic
- \* Extra Virgin
- \* Cold Pressed- First Pressing
- \* USDA certified
- \* Unrefined
- \* Unfiltered
- \* made in a FDA registered facility
- \* Gluten Free
- \* Vegan
- \* NON-GMO
- \* Alcohol Free
- \* Kosher

We recommend "**Nourishing Nutrients**" Organic Black Seed Oil as there oil is all of this.

Go to:

[nourishingnutrients.com/products/organic-black-cumin-seed-oil-8oz](https://nourishingnutrients.com/products/organic-black-cumin-seed-oil-8oz)



# WHAT TO USE FOR

Black Seed Oil has many uses. And studies have been conducted to back up the benefits of its use. In this book we cover over 110 Ancient Remedies to benefit from Black Seed Oil.

In some other studies it has been shown-

Regular Use of Organic Black Seed Oil helps Promote:

- \* Lower blood cholesterol levels
- \* Healthy blood pressure levels
- \* Stable blood sugar levels
- \* Anti-oxidant
- \* Weight Loss
- \* Aid digestion
- \* Anti-inflammatory
- \* Hair & Skin health
- \* Immunity

And will help heal:

- \* Asthma
- \* Eczema & Psoriasis
- \* Candida & Fungus

And many more ailments, read on.....

Though Black Cumin Seeds are beneficial, it is shown that the oil is 35%-50% more potent.

# WELLNESS

- 1. TO MAINTAIN GOOD HEALTH:** Take 1 teaspoon of Black Seed Oil in the morning and at night on an empty stomach.
- 2. GENERAL WEAKNESS:** Take 1/2 teaspoon of Black Seed Oil with 1 teaspoon of honey once a day.
- 3. SLUGGISHNESS AND LAZINESS:** 1 teaspoon of Black Seed Oil with orange juice in the morning for ten days.
- 4. INSOMNIA:** 1 teaspoon of Black Seed Oil with honey or with relaxing tea before dinner offers relief from insomnia and a restful sleep.
- 5. NERVOUS TENSION:** 1 teaspoon of Black Seed Oil with a cup of tea relaxes and eliminates all symptoms of tension.
- 6. OBESITY:** Mix 2 teaspoons of honey and 1/2 teaspoon of Black Seed Oil in lukewarm water and drink twice a day. Avoid eating rice or too many carbohydrates.
- 7. REDUCING CHOLESTEROL:** Add seven drops of Black Seed Oil in mint tea and sweeten with honey. Drink while hot on an empty stomach once a day, avoid fatty food.
- 8. AMNESIA OR WEAK MEMORY:** Add 12 drops of Black Seed Oil in 25 gm butter or 50 gm milk fat or milk substitute, add some honey and drink every morning.
- 9. ABSENT MINDEDNESS:** 1 teaspoon of honey with 10 drops of Black Seed Oil daily. Eat small pieces of cinnamon 3-4 times times daily, chewing it well.



# WELLNESS

**10. INJURIES:** Mix 1 teaspoon of Black Seed Oil with 1 tablespoon of honey in a glass of hot tea and drink on an empty stomach before sleep. Also rub Black Seed Oil on the affected part three times daily.

**11. BURNS:** 30 gm of Olive oil and 5 grams of Black Seed Oil, 15 gm of Calamus and 80 gm of henna leaves. Mix together and apply on affected parts.

**12. STAMMERING:** Mix 1/2 teaspoon of Black Seed Oil in 2 teaspoons of honey and keep it on the tongue twice a day.

**13. HICCUPS:** Take 2 tablespoons of apple cider vinegar mixed with 2 drops of Black Seed Oil and drink in the morning and night. Continue until they disappear.

**14. SWELLINGS:** Apply Black Seed Oil on affected area. 1/2 teaspoon of Black Seed Oil to be consumed twice a day.

# EARS, NOSE, THROAT

- 1. ALL EAR AILMENTS INCLUDING POOR HEARING, EARACHE AND INFECTION:** Heat Black Seed Oil and let it cool. Place 2 drops of the cooled Black Seed Oil in the ear.
- 2. VERTIGO, DIZZINESS AND EAR INFECTION:** Use Black Seed Oil as an ear-drop for infection. Drink it with tea and rub the oil under your cheek and at the back of your neck for dizziness.
- 3. EAR PAIN:** Soak a clove of fresh garlic in an ounce of Black Seed Oil for 3 days. Place a few drops of this mixture into the ear and rub the oil around the ear.
- 4. CLOSED EARS/ PLUGGED EARS/ BLOCKED EARS (“AEROPLANE EAR”):** Soak a piece of cotton wool in Black Seed Oil; keep in the ear for an hour.
- 5. BLEEDING OF NOSE:** Burn a clean white piece of paper. To the ashes add 22 drops of Black Seed Oil and apply inside the nose.
- 6. INFLAMMATION OF NOSE AND THROAT:** Add 10 drops of Black Seed Oil in a cup of boiling water & inhale the vapor. Take 1/2 teaspoon of Black Seed Oil with lemon juice daily.
- 7. TONSILLITIS:** Add 1 teaspoon of Black Seed Oil in 1/2 liter of water and gargle twice a day.

# DENTAL

## **1. PREMATURE FALLING OF TEETH, LOOSE TEETH, SWELLING OR BLEEDING OF GUMS AND BAD BREATH:**

Add 1/2 teaspoon of Black Seed Oil to a cup of curd and drink twice a day (before breakfast and after dinner).

## **2. TOOTH ACHE AND SWELLING OF GUMS:**

a) Add 1/2 teaspoon of Black Seed Oil to 1 teaspoon of vinegar and apply on affected area for two or three minutes and rinse the mouth. Repeat at night. Continue for one week.

b) Mix 1/2 teaspoon of Black Seed Oil with warm water and gargle. Apply Black Seed Oil on the affected tooth, it will alleviate pain quickly.

**3. TOOTH ACHE, CAVITIES AND TOOTH DECAY:** Keep a piece of cotton which is soaked in Black Seed Oil, on the affected area. Continue for seven days.

**4. PLAQUE:** Cook rock salt, add a few drops Black Seed Oil and mustard oil. Let cool enough to touch, rub it on the teeth.

# HAIR

- 1. DANDRUFF:** Mix 10 gm of Black Seed Oil, 30 gm of olive oil, 30 gm of henna powder. Heat for a while and let it cool. Apply this paste to the scalp, rinse well with shampoo after an hour. (Not for Blonde hair)
- 2. BALDNESS, DAMAGED HAIR:** Mix 20 gm Black Seed Oil, 20 gm henna powder and 60 gm of vinegar. Apply this on the bald area and wash after one hour. Apply once a week. (Not for Blonde hair)
- 3. HAIR LOSS & PREMATURE GRAYING:** Scrub the scalp thoroughly with lemon, leave it for 15 minutes. Rinse with shampoo and dry. Thereafter apply Black Seed Oil to whole scalp, continue for 6 weeks.
- 4. HAIR CARE:** Massage head with a mixture of Black Seed Oil and olive oil in the ratio of 1:1, do not rinse for 10 minutes.

# POISON

- 1. POISONOUS ATTACKS:** Eat 2 pieces of fig and take 1/2 teaspoon of Black Seed Oil and mix with 2 teaspoons of honey, 2 teaspoon charcoal and drink. Don't allow the patient to sleep for four hours. Use this mixture for seven days.

# SKIN

- 1. SKIN GROWTHS:** Take 1 teaspoon of Black Seed Oil and massage the affected part three times a day- morning, lunch and evening.
- 2. FOR A GLOWING COMPLEXION:** Mix 1/2 teaspoon of Black Seed Oil with a tablespoon of olive oil. Rub the face with this mixture and leave on for one hour. Wash with soap and water.
- 3. PIMPLES & ACNE, CRACKED HANDS OR FEET:** Add 1/2 teaspoon of Black Seed Oil in a cup of sweet Lemon juice or Pineapple juice and drink twice a day (before breakfast and after dinner) for four weeks.
- 4. WARTS:** Rub the wart thoroughly with vigor and then with Black Seed Oil. Repeat this for 15 days. Also drink 1 teaspoon of Black Seed Oil 3 times daily.
- 5. INFLAMMATION OF THIGHS AND GROINS:** Wash the inflamed area thoroughly with soap and water. Dry thoroughly and rub with Black Seed Oil in the evening and leave till the next morning. Repeat for 3 days. You will see the result from the first day.
- 6. PSORIASIS:** Mix juice of six lemons with 50 gm of Black Seed Oil and rub on the affected places.
- 7. RINGWORM, IMPETIGO, ECZEMA:** Rub Black Seed Oil on the affected areas three times a day.

# SKIN

**8. WHITE SPOTS OF ANY KIND:** Add 1/2 teaspoon of Black Seed Oil in a cup of orange juice and drink twice a day or mix 1 teaspoon of vinegar with 1 teaspoon of honey and 1/2 teaspoon of Black Seed Oil and drink twice a day. Continue until the symptoms disappear.

**9. VITILIGO:** Rub the area with apple vinegar and then with Black Seed Oil for 5 days.

# RESPIRATORY

**1. ASTHMA, COUGH & ALLERGY:** Mix a pinch of salt, 1/2 teaspoon of Black Seed Oil with 1 teaspoon of pure Ghee and rub on the chest and throat. Simultaneously drink mixture of 1/2 teaspoon of Black Seed Oil and 2 teaspoons of honey twice a day.

**2. COUGH / ASTHMA:** Rub the chest and back with Black Seed Oil diluted in olive oil (1:5). Inhale the vapor of the oil. Also take a teaspoon of Black Seed Oil 3 times daily.

**3. COUGH:** Take 1 cup of warm water, add 2 teaspoons of honey mix with 1/2 teaspoon of Black Seed Oil and drink twice a day -before breakfast, after dinner. Continue for two weeks. Restrict from having cold food and drink.

**4. CATARRH:** Take 1/2 teaspoon of Black Seed Oil with 2 pepper corns twice a day.

# COLD AND FLU

- 1. SEVERE COLD:** Mix 1/2 teaspoon of Black Seed Oil and 1/4 teaspoon of Olive oil in a cup of water. Instill two drops of this mixture into the nose twice a day.
- 2. SINUS, COLD:** Add 1/2 teaspoon Black Seed Oil to 1 teaspoon honey and drink twice daily. Instill one drop of Black Seed Oil into the nose before going to bed.
- 3. HEADACHE AND EARACHE:** Apply Black Seed Oil to the forehead, sides of face adjacent to the ears and behind the ears. Take 1/2 teaspoon of Black Seed Oil for 3 days.
- 4. HEADACHES / HEAD COLDS:** Take 1 teaspoon of Black Seed Oil 2-3 times daily.
- 5. CHEST PAIN AND COLD:** Add 1 teaspoon Black Seed Oil to boiling water and inhale the steam.
- 6. SIMPLE FEVER, PHLEGMATIC FEVER:** Add 1/2 teaspoon of Black Seed Oil to lemon-juice mixed with honey and drink twice daily for 4 days.
- 7. FEVER:** Take 1/2 teaspoon of Black Seed Oil with mint tea or Black tea, after a meal (three times daily) for a week. You can also rub the body with Black Seed Oil before going to bed. Continue till the temperature gets to normal.

# MUSCLE & JOINT PAINS

**1. BACKACHE & RHEUMATISM:** Warm Black Seed Oil slightly & apply to the area thoroughly. Massaging the bone, not the skin and drink 1/2 teaspoon of Black Seed Oil for 30 days.

**2. RHEUMATISM (MUSCLE PAIN):**

1. Eat five cloves of garlic on an empty stomach.
2. An hour later, drink a glass of hot water, cinnamon and add 5 drops of Black Seed Oil.
3. Heat a small amount of Black Seed Oil seed mixed with olive oil and rub the affected area intensely.
4. Just before bedtime drink boiled water, Black Seed Oil mixed with honey.

**3. JOINT- PAINS AND ARTHRITIS, SWELLING ON ANKLE:**

Add 1/2 teaspoon Black Seed Oil to 1 teaspoon of vinegar and 2 teaspoons of honey and drink twice a day (before breakfast and after dinner)

**4. JOINT PAINS, BACK ACHE & NECK PAIN:** Eat 2 pieces of dry figs and add 4 drops of Black Seed Oil in 1 cup of milk (milk alternative). Do not eat anything for two hours. Continue for 2 months.

**5. POLIO AND PARALYSES(LAQWA):** Instill 1 drop of Black Seed Oil daily in the nostril, which is opposite to the affected side. Also take 1/2 teaspoon of Black Seed Oil with one teaspoon of honey.



# STOMACH & INTESTINAL

## **1. DYSPEPSIA, INDIGESTION, GAS, STOMACH**

**IRRITATION:** Take 1 teaspoon of ginger juice & 1/2 teaspoon Black Seed Oil & drink twice daily. This treatment is also useful for obesity.

## **2. GASTRIC ULCER:**

Method 1: Add 1 teaspoon Black Seed Oil to a solution of flaxseed (1 tablespoon in 1 cup of water), boil two minutes and allow to cool, drink a glass in the morning and evening daily. (Refrain from sweets and citrus fruits).

Method 2: Add 10 drops of Black Seed Oil to a cup of honey, drink 1 teaspoon of this mixture on an empty stomach- morning and night. Then drink a glass of milk (milk alternative). Continue without interruption for two months.

**3. HEART BURN:** Add a few drops of Black Seed Oil to a hot cup of milk (milk alternative) and add 1 teaspoon of honey. Also, eat a lot of lettuce.

**4. STOMACH ACHE IN CHILDREN:** 2 drops of Black Seed Oil to be mixed with mother's milk or cow milk (milk alternative) and given to the child. Black Seed Oil also should be rubbed on the ribs.

**5. WORMS IN THE STOMACH:** Mix 1 teaspoon of vinegar with 1/2 teaspoon of Black Seed Oil. Take thrice a day (In the morning before breakfast, after lunch and after dinner). Continue for 10 days.

# STOMACH & INTESTINAL

- 6. SWELLING OF STOMACH:** Mix 3 gm of Ajwan, 3 gm Henna, 4 drops of Black Seed Oil together. Take this mixture before breakfast and before dinner.
- 7. STRENGTHENING OF STOMACH:** Mix a pinch of black pepper, salt, cumin, 5 drops of Black Seed Oil in a glass of apple juice and drink.
- 8. ACIDITY AND OTHER STOMACH ACHES:** Drink a cup of milk (milk alternative) with 1 teaspoon of Black Seed Oil 3 times a day for 5 days.
- 9. BLOATING SPLEEN:** In a broth of radishes sweetened with honey, add 7 drops of Black Seed Oil. Drink one cup before bedtime on an empty stomach for a week.
- 10. DISEASES OF LIVER & ABDOMEN:** Take 100 gm of honey and 1/2 teaspoon of Black Seed Oil and drink this mixture, 1/2 in the morning before breakfast and 1/2 in the evening for one month. Avoid Tamarind.
- 11. DISEASES OF ABDOMEN: (INCREASE OF HERNIA):** Take 1 tablespoon of juice from Bitter melon (Kerala) and add 1/2 teaspoon of Black Seed Oil. Use this mixture in the morning before breakfast, before lunch and before dinner.
- 12. DIARRHEA:** Mix 1 teaspoon of Black Seed Oil with a cup of yogurt (or coconut yogurt). Drink twice a day for 3 days.

# STOMACH & INTESTINAL

## **13. PILES:**

Method 1: Add 1/2 teaspoon of Black Seed Oil to 1 teaspoon of Vinegar and apply on piles twice a day.

Method 2: Take 50 gm of powdered Henna leaves add 250gm pure Olive oil and boil them for 5 minutes. Add 3 drops of Black Seed Oil. Apply this on the affected area with cotton twice a day (in the morning and at bed time). Also eat 4-5 figs with 1/2 teaspoon Black Seed Oil.

**14. PILES, BLOOD IN STOOLS AND CONSTIPATION:** Add 1/2 teaspoon of Black Seed Oil to a cup of black tea and drink twice a day - before breakfast & after dinner. Avoid hot & spicy food.

**15. HEMORRHOIDS:** Mix Black Seed Oil and olive oil in a 1:1 ratio; take 1 teaspoon three times a day for ten days. Massage the affected area with Black Seed Oil to prevent constipation.

**16. VOMITING AND NAUSEA:** Mix 8 drops of Black Seed Oil with few drops of vinegar and some honey. Lick during vomiting and nausea.

**17. VOMITING:** Take 1/2 teaspoon of fresh ginger juice mixed with equal amount of Black Seed Oil, twice a day.

**18. CONSTIPATION:** Mix 10 drops of Black Seed Oil and 1 teaspoon of castor oil in lukewarm milk (milk alternative) and drink.

# DIABETES

## DIABETES

Method 1: Take 1/2 teaspoon of Black Seed Oil twice a day with hot water.

Method 2: Mix 1 cup of Black Seed Oil seeds, 1 cup of watercress seeds and 1/2 cup of pomegranate peel. Grind the mixture into a powder. Take 1/2 a teaspoonful of the mixture together with a teaspoon of Black Seed Oil before breakfast for one month.

## NEURO/MENTAL

**1. MADNESS AND PILES:** Take 1/2 teaspoon of Black Seed Oil and mix with cold water and drink. After, mix sesame oil with boiled water and let it cool and drink.

**2. WEAKNESS OF THE BRAIN:** Take 1 teaspoon of ghee or 2 teaspoons of milk cream (coconut cream) with 10 drops of Black Seed Oil with honey for taste before breakfast daily.

**3. MENTAL DISEASE:** Take 21 gm of Black Seed Oil and keep in a bit of cloth, bound up and boil. First day, two drops of the boiled water should be administered into the right nostril and one into the left, second day one into the right and two into left one and one into the left.

# NEURO/MENTAL

**4. EPILEPSY:** Add 2 teaspoons of honey and 1/2 teaspoon Black Seed Oil to a cup of warm water & drink twice a day. Avoid cold food, guava, banana & figs during treatment.

**5. SHAKING PALSY/SHIVERING:** Daily take two 1/2 boiled eggs and instill 1 drop of Black Seed Oil daily in the nostril. Also take 1/2 teaspoon of Black Seed Oil with 1 teaspoon of honey.

**6. MENINGITIS:** Inhale the vapor of Black Seed Oil and drink 1 tablespoon of Black Seed Oil with lemon juice in the morning and in the evening.

# LIVER

**1. LIVER DISORDER AND JAUNDICE:** Soak 1 gm of ajwain in water and keep in the shade during day time and out in the open at night time (to collect dew drops). Next day filter and add 1/2 teaspoon of Black Seed Oil. Take once a day.

**2. JAUNDICE:** Soak overnight 2 gm henna leaves in water. Next day filter and add 1 teaspoon honey and 10 drops of Black Seed Oil to the water and drink.

**3. JAUNDICE:** Take 1 cup of milk (milk alternative), add 1/2 teaspoon of Black Seed Oil and drink twice a day (once in the morning and once after dinner). Continue for a week. Avoid fatty and sour eatables.

**4. LETHARGY SPLEEN:** Mix 1 tablespoon of fig jam with a teaspoon of honey in a glass of hot water and add 7 drops of Black Seed Oil. Drink in the morning and evening for five days.

# KIDNEY

**1. STONES IN KIDNEY, BLADDER AND UTERUS:** Add 2 teaspoons of honey and 1/2 teaspoon of Black Seed Oil to a cup of warm water and drink twice a day. Avoid spinach, lemon, sweet lime & tomatoes. Continue until the stones are discharged.

**2. KIDNEY TROUBLE, INFECTION IN THE KIDNEYS:** Take 1/2 teaspoon of Black Seed Oil; add 2 gm Akar khara Powder (ayurvedic), mix 1 teaspoon of honey with 1 cup of water and drink. This treatment is also useful for chronic cough. Continue for 21 days.

**3. RENAL COLI (KIDNEY PAIN): KIDNEY AND BLADDER STONES:** Grind 250 gm of Black Seeds thoroughly and mix with 250 gm of pure honey. Take 2 tablespoons of this mixture and mix thoroughly with 1/2 of a cup of hot water. This mixture is to be taken daily before breakfast together with 1 teaspoon of Black Seed Oil.

**4. BURNING MICTURITION, URINE DEFICIENCY, BURNING SENSATION IN URINE:** Take 1/2 liter of milk (milk alternative) and add 1/2 teaspoon of Black Seed Oil and 1 teaspoon of honey. Take this mixture twice a day or 2 gm of maize corn hair boiled in water, add 1/2 teaspoon of Black Seed Oil and take this mixture.

# KIDNEY

**5. BURNING MICTURITION:** Take 1 cup of sweet lime juice, add 1/2 teaspoon of Black Seed Oil. Use this mixture twice a day (in the morning before breakfast and at night before going to bed). Treatment may continue for 10 days. Avoid spicy and sour food items.

**6. FOR PURIFYING THE WHOLE URETHRA:** Thoroughly cook 1 cup of barley in 1 liter of water. After cooling grind 3 cloves of garlic in a blender and add the water. Drink on an empty stomach every day and drink lemon or other juices. Avoid soda.



# HEART

- 1. HEART ATTACK, SWELLING OF VEINS, BLOCKAGE OF HEART VALVE, BREATHING PROBLEM, COLD SWEATING, PRESSURE ON HEART:** In a cup of goats milk add 1/2 teaspoon of Black Seed Oil and use this mixture twice a day. Treatment may continue for 21 days. Avoid fatty items.
- 2. HEART WEAKNESS:** (Heart Trouble) Mix 4 drops of garlic juice add 4 drops of Black Seed Oil to this add some honey and water and take this mixture daily.
- 3. HEART PROBLEMS:** Take 1/2 teaspoon of Black Seed Oil mixed with any hot drink daily in the morning. This dissolves fats and dilates veins and arteries. Avoid fatty foods.
- 4. BLOOD DEFICIENCY (ANEMIA) AND ULCER IN THE INTESTINE:** Take a branch of mint, mix with water, boil it and make a cup of brew and add 1/2 teaspoon of Black Seed Oil and use this mixture twice a day (once in the morning and at evening). Treatment may continue for 21 days.
- 5. HYPERTENSION:** Take 1/2 teaspoon of Black Seed Oil with hot water at any time, by itself. And take 2 cloves of garlic on an empty stomach. Rub all the body with Black Seed Oil and expose your body to sun rays for 1/2 an hour once every three days. Repeat for one month.
- 6. DISEASES OF THE CIRCULATORY SYSTEM:** Mix 1 teaspoon of cumin with a tablespoon of honey and a clove of crushed garlic. Take on an empty stomach for five days.

# CANCER

**1. CANCER: (INTESTINAL CANCER, BLOOD CANCER, THROAT CANCER ETC.):** Take 1 glass of grape juice, Add 1 teaspoon of Black Seed Oil & drink in the morning before breakfast, after lunch & after dinner. Take 1 kg barley & 2 kg gluten free flour, mix together with 2 teaspoon of Black Seed Oil and make bread. Eat everyday for 40 days. Avoid potatoes, taro & eggplant.

**2. CANCER:** Rub the affected area with Black Seed Oil. Drink a mixture of 1 teaspoon of the oil with a glass of carrot juice 3x times a day. Do this for three months.

**3. TUMOR:** Rub the Black Seed Oil on the effected part and drink 1/2 teaspoon of Black Seed Oil 3x a day. Treatment may continue for fifteen days.

**4. PROSTATE:** Rub the lower part of the back with ground cumin oil and massage/ rub the groin. Stir 1 teaspoon of honey, 1 teaspoon of Black Seed Oil and a teaspoon of chamomile in 1/2 a glass of warm water and take any time.

# MALE RELATED

**1. NIGHT DISCHARGE:** Take 1 cup of apple juice and add 1/2 teaspoon of Black Seed Oil and use this mixture twice a day in the morning before breakfast and in the night after dinner. Daily 4 drops of Black Seed Oil should be rubbed on the head. Treatment may continue for 21 days. Avoid hot/spicy eatable items.

**2. MALE POTENCY:** Mix 1/2 teaspoon of Black Seed Oil and 1 teaspoon of olive oil, applied to the penis to improves the male potency.

**3. SEXUAL DISORDERS: (WEAKNESS):** Take 2 teaspoons of honey and add 1 drop of Black Seed Oil with 1 drop of Nutmeg oil. Use this mixture daily before going to bed. Treatment may continue for two weeks.

**4. SEXUAL WEAKNESS:** Rub the lower part of back with Black Seed Oil and massage, then rub the groin area. Stir 1 teaspoon of honey, 1 teaspoon of Black Seed Oil and 1 teaspoon of chamomile in 1/2 a glass of warm water and take any time.

# FEMALE RELATED

**1. PERIOD PAIN (LEUCORRHOEA, WHITE DISCHARGE, MENSES DISCHARGES 2 TO 4 TIMES A MONTH, STOMACH PAIN, BACK PAIN):** Take 2 glasses of water & boil with mint and add 1 teaspoon Black Seed Oil. Drink before breakfast & after dinner for 40 days. Avoid pickles, eggplant, egg & fish.

**2. MENSTRUATION PROBLEMS:** Take 1 tablespoon of honey and mix with 1/2 teaspoon of Black Seed Oil and take 1/2 in the morning before breakfast and 1/2 in the evening. Use this process for two weeks.

**3. GYNECOLOGY:** Rub the oil on scars on the abdomen and chest (during pregnancy and nursing, consult your doctor).

**4. LABOR AND DELIVERY:** One of the best remedies for the relief of pain during labor: to drink warm black seed with honey.

**5. MATERNITY:** The mental weakness after child birth, tiredness and bleeding related diseases: Take 1 cup of cucumber juice, add 1/2 teaspoon of Black Seed Oil. Use once before breakfast and once before going to bed. Treatment may continue for 40 days.

**6. CONTRACTION OF UTERUS:** Black Seed Oil can promote contraction of the uterus after birth and it benefits eruptive skin diseases.

# FEMALE RELATED

**7. FOR INCREASING MOTHER'S MILK:** 1 cup milk, 2 drops of Black Seed Oil in the morning before breakfast and at night before going to bed.

Note: During pregnancy, Black Seed Oil should not be used without a physician's (Doctors) advice.

Side Effects / Adverse Reactions: There are no known adverse effects. If one feels Black Seed Oil is too hot for their body or if the patient has a history of gastritis, they should use it less frequently

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