



THE FIRE OF LIFE

Cayenne PEPPER

Ancient
Cures, Remedies
and Treatments

PATRICIA GARDNER

Cayenne Pepper Cures: Remedies,
Treatments and Benefits Of Cayenne
Pepper. Ancient Healing Protection
Against Heart Attacks, High Blood
Pressure Colds, Diseases and More!

Patricia Gardner

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Introduction

What Exactly is Cayenne Pepper Anyway? The origins of Cayenne Pepper belong to the Capsicum group of plants in the nightshade family and shares many of the same characteristics with related pepper plants such as:

- paprika
- bell peppers
- jalapeno peppers

Just like other peppers in Capsicum genus, Capsaicin is the active component of Cayenne Pepper. Cayenne pepper is mainly used to spice up food recipes, but this hot plant is also known for its many medicinal healing properties. Cayenne is extremely effective for stimulating blood circulation and beats almost any herbs for its ability to instantly improve the blood's circulation within a matter of seconds. That's not all, Cayenne Pepper is also a rich source of some vitamins and minerals and thus, has some beneficial nutritional value as well.



Uses of Cayenne Pepper

Cayenne Pepper has many healing medicinal uses. It's an excellent blood purifier, provides relief in indigestion and resulting gasses and greatly helps people who suffer from coldness of hands and feet by improving blood circulation over these areas. Cayenne disintegrates the materials that deposit near the joints in arthritis causing pain and prevents recurring inflammation. It is very useful in spongy and bleeding gums, conjunctivitis and sinus congestion. The astringent qualities of cayenne prevent bleeding and swelling.

Cayenne Pepper is a very rich source of Vitamin C and help in restoring energy levels and rejuvenating the body. In cases of depression or any kind of emotional or physical trauma, only a few grains of cayenne or a few sips of cayenne water can immediately provide relief with powerful stimulating effect.



Cayenne is also known for strengthening weak heart muscles and lowering high

blood pressure. Cayenne pepper is very effective in relieving sore throat and can help in maintaining optimal blood pressure. Cayenne has been used for preventing heart attacks and alleviating its complications over generations, and its healing power is one of the most admired and proven herbal properties of traditional medicine.

Cayenne has been used as a traditional herb for treatment and prevention of allergies, cramps, gas, stomach aches, constipation and even varicose veins. Its popularity has considerably grown as a health supplement and cayenne diet is used for promoting weight loss. Cayenne pepper is widely used as a detoxifying agent for eliminating body toxins and improving metabolism.

The popularity of cayenne based health supplements has also increased because of its effectiveness in the treatment and prevention of high blood cholesterol levels and mild hypertension. Cayenne provides an excellent home remedy for maintaining optimal cholesterol levels and treating mild hypertension. Cayenne improves the blood circulation by preventing platelet accumulation and clumping within the blood vessels. The improved blood circulation also provides relief and warmth to people who face the coldness in hands and feet.

The medicinal properties of cayenne and traditional application in arthritis have been proven by modern studies. Topical application of cayenne creates a repellent effect and provides relief from arthritis pain. The pain resulting from rheumatoid arthritis is taken over by the irritation effects, providing the repelling or distracting effects in pain. You can rub cayenne on painful joint liniments to get relief from joint pain. The fiery phenolic resin known as the capsaicin stimulates the nerve endings to release substance P. The chemical signal transmits irritation signals to the brain and thus pain signals are distracted.

Cayenne stimulates the secretion of digestive enzymes and thus helps in nutrient absorption. It restores the digestive secretions that decline due to the aging process causing indigestion and associated health complications. It also relieves from constipation by stimulating intestinal muscle movements.



The effectiveness of cayenne in improving circulation and providing digestive stimulation create its additional role as supporting herb for improving the absorption and circulation of various herbal remedies to the peripheral areas of the body. The health potential of herbal remedies significantly increases on adding cayenne.

Cayenne serves as decongestant and helps in maintaining a clear respiratory system by warming the body and stimulating mucus release. You can try cayenne peppers to realize their power to cause sweating and clear sinuses if you have not eaten cayenne so far.

Cayenne peppers stimulate blood circulation to peripheral areas and provide some increase in body warmth. This makes it an excellent herb in combination with ginger for treating congestion during cold or sinusitis and reduces associated fever. The ginger cayenne combination is a very good diaphoretic that induces sweat for reducing fever while maintaining the body warmth.

Common Health Ailments and Treatments

Cayenne pepper can be used for a wide variety of common health ailments such as heartburn, tremors, paralysis, gout, dyspepsia, flatulence, sore throat, fever, hemorrhoids, nausea, tonsillitis and even diphtheria. Let's take a look at our extensive collection of natural cures, remedies and treatments of Cayenne pepper.



Powerful Anti-Irritant Properties

Cayenne has the unique ability to give relief from upset stomach and painful ulcers. It gives an almost instant cure for sore throats, soothes irritating and uncomfortable coughs, and can also aid in slowing down diarrhea caused by frequent loose or watery type stools.



Anti-Bacterial Agent

Cayenne is known to be an excellent preservative and has traditionally been used in the prevent of food contamination from harmful bacteria.



Cold and Flu Fighter

The use of Cayenne pepper helps in the break up and movement of congested mucus in the body. Once the mucus has started to leave the body, it is noted that fast relief from flu symptoms is quick to follow.



Anti-Fungal Prevention

Certain studies have indicated that using cayenne pepper can have a profound effect on the prevention of fungal formations caused by [phomopsis](#) and [collectotrichum](#) pathogens.



Prevention of Migraine Headaches

Cayenne pepper can provide relief in cluster headaches, which are known as migraine headache resulting in severe pain located near one of the eyes.

Cayenne pepper has a very unique ability to stimulate a pain response in different areas of the body, thereby directing the brain's thoughts and attention to the new area. Closely following this reaction from the initial pain sensation, the nerve fibers of the body have a kind of substance depletion, and the gives a lower perception of pain.



Toothache Remedy

Cayenne is an powerful natural antibacterial agent in fighting off and preventing tooth and gum diseases, and an overall healthier mouth. It freshens breath too, no that's hot!



Anti-Allergen

Cayenne pepper is commonly known as an anti- agent. Meaning that It has the unique ability to bring soothing relief from many types of allergies, and combat allergens.

Digestive Aid

If you're having stomach and intestinal pains, Cayenne is a well-known digestive aid, and produces remarkable improvements in the body's circulation, metabolism and digestion systems.

Working its way through your body, it stimulates the processes of the digestive tract, thus increasing the flow of beneficial enzyme production and gastric juices to help break down foods. Get this...spicy cayenne pepper actually HEALS stomach or intestinal ulcers. It does this by providing a very potent and charged stimulation for the release of digestive enzymes. We are not done yet. It also promotes the peristaltic movement of the intestines by aiding in both assimilation and elimination.

This key function aids the body's ability to metabolize food as well as toxins. The cleansing properties of cayenne pepper promotes the excretion of toxins through urine and feces. Cayenne pepper provides fast relief from common stomach problems such as acidity, gas and abdominal cramps.

Cayenne also stimulates the body's production of saliva, which plays a key role in digestion of foods and helps to maintain a well balanced oral health. Need more proof Cayenne can save your life? Read on...

Cardiovascular System

Cayenne pepper produces amazingly beneficial results to the cardiovascular system. A regular intake of cayenne pepper reduces overall blood cholesterol and harmful triglyceride levels, thus significantly reducing the risk of developing atherosclerosis, which can lead to the deadly formation of blood clots. This of course can help in reducing the chances of suffering a heart attack or stroke.

The platelet aggregation is also reduced with marked improvements in circulation and fibrinolytic activity. It is not wonder that Cayenne rich diets, have a remarkably lower chance of developing cardiovascular disease. Cayenne does save lives!



Heart Palpitations & Heart Health

If you or anyone you know has heart palpitations, you know how troublesome it can be. Cayenne pepper provides a natural tonic to the weak heart muscles and helps in managing arrhythmia by regulating heart beats. *It's so powerful and beneficial to the cardiovascular system that it can alleviate the complications of heart attack within 30 seconds.* It just keeps on working as a blood purifier and eliminates harmful plaques that sticks to the arteries and flushes them clean. A cup of water with one to two teaspoonfuls of cayenne pepper can quickly help people suffering from a heart attack. Everyone should have an emergency ration of Cayenne powder or capsules with them at all times.

Don't forget to administer cayenne pepper to anybody who is facing the risk of heart attack. It works its way into the body fast, and is known to produce some excellent results by raising body temperature, thinning the blood to improve circulation, removing impurities and toxins from the blood stream, providing vital nourishment and strong support to the heart and regenerating blood cells. Cayenne promotes heart health by keeping blood pressure levels normalized. I like to think of it as a fuel additive/cleaner to your body engine to keep it running smooth and trouble free.



Diabetic Neuropathy

Uncontrolled diabetes for long periods leads to a painful nerve disorder known as diabetic neuropathy. Capsaicin provides very good relief from the painful conditions of diabetic neuropathy.

Cayenne pepper is very helpful in maintaining normal blood pressure levels. In fact, cayenne pepper is one of the most widely used herbs in the world for controlling blood pressure. It can produce near instant results in equalizing the blood pressure of arteries and veins. Cayenne pepper significantly improves blood circulation and equalizes the blood pressure by regulating blood flow throughout the body. Cayenne pepper not only lowers blood pressure but also alleviates the conditions of atherosclerosis, preventing the risks associated with high blood pressure and heart attacks. I might repeat what I say sometimes, but I cannot stress enough about how important cayenne pepper is to your body.



Cholesterol Regulation

Cayenne pepper is very effective in reducing overall cholesterol levels by balancing the bodies LDL cholesterol and triglycerides. However, it works wonderfully to control the low-density lipoproteins which are known as LDL or bad cholesterol.



Weight Loss Support

A recent study found that participants who regularly took cayenne pepper with their breakfasts, were found to have a decrease in appetite, which of course lead to a reduced caloric intake throughout their day. Weight loss does not have to be complicated. Eat healthy foods, and take Cayenne pepper and Apple Cider Vinegar. Cayenne can also be said to be a nice metabolic-booster, and aids the bodies ability to burn off excess amounts of fats. Cayenne Pepper = Awesome!



Detox Support

Want to do a detox? Great! Cayenne is also a circulatory stimulant, and it increases the pulse rhythms of our lymphatic and digestive system. By the act of heating up the body, the bodies natural detoxification process is streamlined. Another important process of detoxification is that Cayenne causes us to sweat, bringing out the toxins from inside our bodies.



Cancer Fighter

Ok, here is where we get into some deep issues. This might make you feel uncomfortable, but here is the truth. The active component in cayenne pepper is known as capsaicin, and has been found to be remarkably effective in the treatments of various forms of cancers like pancreas, prostate gland, liver and might even help stop tobacco-induced tumor formations in the lungs. Traditionally, cayenne pepper has been used as supporting remedy for treating cancer cells. Modern research has time and time again proven that capsaicin promotes the apoptosis process within the cancer cells, and the cancer cells basically end up killing themselves. Pretty cool stuff, huh?

Recipes and Cures

In this section is where I have included many favorite, time tested cayenne peppers recipes and cures to help be your quick referenced guide to many common ailments you will encounter. Enjoy!

Basic Cayenne Infusion

Cayenne pepper can be consumed as a spicy hot drink, but it's not really necessary to have to take cayenne with water or liquid. You can also take cayenne powder through capsules but drinking cayenne herbal tea in combination with other herbs and sweeteners is probably the healthiest option you can do.

Our first recipe is a simple one, and one you need to do starting right now!

Begin your cayenne intake by mixing up $\frac{1}{4}$ teaspoon of cayenne powder with hot water and drink the cooled or lukewarm liquid three times a day for best results. After three days, increase the dosage to $\frac{1}{2}$ teaspoon and keep on adding $\frac{1}{4}$ teaspoon each day to increase the dose to 1 teaspoon. The minimum recommended intake is one teaspoon of cayenne pepper three times a day.

Morning Detox

For a daily detox, start by trying a simple tea infusion by combining lemon juice, honey, and cayenne for an awesome morning beverage to give your body a total body detox. Now that'll add some pep to your step!

Colds

This potent herbal tea prepared from ginger, lemon and some horseradish in combination with one or two dashes of cayenne pepper provides fast relief from sinus pain and congestion and helps in recovering from a head cold.

Cold Buster

Use your grinder, mortar and pestle, or food processor to make a powder of the following herbs for stimulating sweating and improving blood circulation during colds or flu:

Blend Together

- *Bayberry bark 1 oz*
- *Wild ginger ¼ oz*
- *Cayenne ½ oz*

Make your herbal tea infusion by adding one teaspoon of the mixed powder to 1/4 cup (1 pint) of boiling water, and cool for 5-10 minutes. You can use honey to make it taste a little sweeter, and don't forget to be sipping small amounts of this cold or warm tea a couple of times during your daily routine.

Apple Cider Vinegar Cold Remedy

The Ultimate Cold Buster! For a powerful cold fighter, nothing beats the dual action by combining apple cider vinegar and Cayenne pepper. Sound gross? The benefits far outweigh that slight problem, just flavor with honey to taste.

Blend together these ingredients:

- *Unfiltered Water ¼ cup*
- *Apple cider vinegar ¼ cup*
- *Honey 1 tablespoon*
- *Cayenne pepper 1 teaspoon*
- *Lemon 1 wedge*

Directions To Follow

For preparing this fast acting cold fighting remedy, begin by adding apple cider vinegar to a glass along with ¼ cup boiling water. Next, add the cayenne pepper and honey to this hot mixture and stir until the honey is completely dissolved. Squeeze some fresh lemon as a tangy topping to your drink. Now, you are ready to breathe in the aroma, sip your drink and heal up!

Tonsillitis

Tonsillitis is a painful inflammation when the tonsils become infected, also causes painful sore throat, fevers and the glands in the neck become swollen which can lead to having trouble swallowing. Not fun!

Ingredients Needed:

1/2 c. hot water

1/4 tsp. honey

1/4 tsp. cayenne

1/2 -1 tsp lemon juice (just a squirt)

To remedy this inflammation, Boil some water, and then take the cup of hot water. Add the honey, cayenne pepper and one squirt of lemon juice. You can use this preparation as gargle a few times during the day to get that much needed relief from tonsillitis.

Sore Throat Gargle

A sore throat can be a very painful and annoying experience. Luckily cayenne is here to get to work, and it works very fast mind you!

This recipe is again very simple, like our other recipes. Just gargling with this preparation provides relief in sore throat, hoarseness and congestion of the respiratory system.

Blend Together:

- Cayenne powder 1/8 to 1/2 tsp (depending on user preference)
- Salt 2 tbsp

Essential Oil Options: (Choose One)

- Thyme essential oil 2 drops
- Myrrh essential oil 2 drops
- Orange essential oil 10 drops
- Mint essential oil 10 drops

For making this effective sore throat gargle, begin by boiling 2 cups of water and add salt and Cayenne powder to boiling water. Simmer the mixture for 15 minutes over low heat. After 15 minutes, add the essential oils while stirring vigorously. Use one cup of this preparation for gargling and then rinse out with clean water. Use the second cup for gargling again.

Alternative: You can also use Lobelia and Slippery Elm in combination with Cayenne powder for making a variation of the mouth gargle as described above.

Sinus Cleansing

Suffering From Clogged Sinuses and/or Headaches?

It is not fun to be in a fog, and try to move productively through your day. The administration of cayenne powder can provide relief in sinus congestion and headache, but you have to be brave-heart for using the remedy. Take a small pinch of cayenne powder on the tip of your finger and snort it. And when I say small, I mean it.

Obviously, it will cause burning sensations in your nose and throat when the congestive mucus drains. Snorting of cayenne powder doesn't cause any harm except the burning sensation, which only lasts a few minutes. You might even shed a few drops of tears but get relief from sinus congestion and associated headaches, but it sure is worth a little pain for the gain right?

Asthma Attacks

The classic symptoms are shortness of breath, a tight chest, and wheezing. Sufferers of asthma will be grateful for this next remedy.

This may sound like a treat, but did you know you can sip some hot chocolate mixed with a pinch of cayenne pepper to prevent asthma attacks? Yes it's true! In acute stages of an asthma attack, by administering 1 - 2 teaspoonfuls of Cayenne pepper every 30 minutes or so can alleviate the asthma complications and provide needed relief. You can administer more frequently if required, or choose. Cayenne is totally safe.

Skin & Topical Applications

Cayenne pepper is a very versatile and effective skin treatment for quite a few problems. As a poultice, cayenne pepper can be used to effectively treat snake bites, skin sores, open wounds and lumbago. When cayenne pepper is applied on the mucous membranes or skin, capsaicin stimulates the nerve fibers to release irritation signals to the brain and block the pain signals of substance P neurotransmitter. The neurotransmitters known as substance P are mainly responsible for transmitting pain signals to the brain. Cayenne pepper also prevents inflammation by stimulating inflammatory mediators inflammatory and painful conditions such as rheumatoid arthritis and other joint pains.

So go on, and rub some on today, and see for yourself how well this works!

Psoriasis

Psoriasis is a very chronic skin condition which causes the cells of the skin to grow much too fast, which results in thick, white, red, or silvery patches of excess skin. Psoriasis occurs when excessive substance P neurotransmitter activity takes place on affected areas. Cayenne pepper can effectively alleviate the severity of psoriasis and thus redness of the skin.

Treatment is simple: Rub some of the pepper powder on your affected areas.

Athlete's Foot

Athlete's foot is a very contagious fungal infection that causes painful and irritating rashes on the skin of the foot by the ringworm fungus. Athlete's foot fungus is the most common skin infection known.

Cayenne pepper can help you in the treatment of Athlete's Foot. Use a mixture of warm (not hot) salt water and cayenne to apply on the affected areas and leave for 10 -20 minutes.

You will need:

- 8 oz. lukewarm water
- 1-2 tsp. table salt or sea salt (wait till dissolved)
- 1 tsp. cayenne

In most of the cases, this initial treatment takes care of the outbreak, but you can reapply this preparation in case you feel that there is another outbreak.

Coconut Oil Skin Salve

This yummy smelling skin salve doesn't produce the common burning sensation you might be faced with when using common capsaicin creams. It produces a very warming effect on creaky, stiff joints. However, it can produce mild irritation on certain skin types and therefore, you should perform a sensitivity test before applying this mixture on large areas. The coconut oil also allows the salve to stay in place much better on the lower back or other affected areas.

You will need:

- 4 tbs cayenne pepper
- 1 cup coconut oil

You can make your coconut oil salve by adding the cayenne powder to one cup of coconut oil. Slightly heat the solid coconut oil to turn it into liquid, which takes just a few moments. Stir the mixture to thoroughly blend them up. Place the coconut oil in a warm location for the occasional stirring of the mixture. Personally, I place it in a warm sunny window or cupboards. There is no need for occasional stirring after 7 -10 days. Just be sure to keep the coconut oil warm to avoid from turning back into a solid ,and allow 2 – 3 days for the powder to settle down on the bottom. When the oil becomes clear, pour out the clear oil into another jar and discard the residue containing the gunky looking powder.

Coconut oils do remain oily during the summer months, but it does become solid when temperatures fall below 75 degrees during the winter. I like to use a flexible container that allows for the dripping and pouring of my coconut salve. This of course depends on the mixtures liquid or solid state.

Arthritis Relief

Capsaicin, the active component of cayenne pepper, is very effective in relieving the pain associated with rheumatism or osteoarthritis. The self-application of homemade cayenne preparations is even more effective in the managing of pain. Topical application of a homemade cayenne paste made from olive oil or water can be pretty darn messy, but it provides some well deserved relief from the pain!

Here is the list of Ingredients you will need:

- Cayenne powder 3 tablespoons
- Grape seed oil 1 cup (other oils like olive, jojoba or almond can be used)
- Grated beeswax ½ cup
- Double boiler
- Glass jar with tight fitting lid

Directions for usage:

Take one cup of your preferred oil and mix the 3 tablespoons of cayenne powder. Use a double boiler to heat the mixture over medium heat for 5-10 minutes. Visit this link here, if you don't have a double boiler. [How to make a double boiler](#)

After heating the mixture, add the ½ cup of beeswax and stir until the wax completely melts and is mixed into the oil. Remove the oil from heat and let it cool down before placing in the refrigerator for 10 minutes to make a chilled paste. After 10 minutes or so, whisk up the mixture and chill for another 10 -15 minutes. Whip the mixture again before putting it in the glass jar. You can store this preparation in the refrigerator for 10 -12 days and use as a pain relieving cream when needed.

Cayenne creams can be used for relieving pain in numerous health conditions such as cluster headaches, diabetic neuropathy, postherpetic neuralgia, postmastectomy pain, postamputation pain and rheumatic or osteoarthritis. Topical application of capsaicin is also very useful in psoriasis, as stated in our previous chapters.

Pain Relief

Got Pain, Who Doesn't?

Cayenne pepper also provides excellent pain relief from areas near post-surgical incision marks and wounds. (Do Not Use On Fresh Incisions).

The topical applications of cayenne pepper not only increases the bloods circulation, but also helps to alleviate pain over these areas. Cayenne pepper does something very wonderful in that it disrupts the nerve endings and stops neurotransmitters from carrying the pain signal to the brain.

Directions for use: Just rub a pinch of cayenne on your affected areas as needed. A little goes a long ways.

Hand & Foot Warming Cold Relief

Besides warming up the body when internal consumption is done, the thermogenic heating properties of cayenne pepper even allows people to keep their hands and foot warm by simply putting some pepper into the shoes and socks. Sound strange? Not if you want to stay warm. Keep those feet nice and toasty during the winter, and all you have to do is sprinkle on some cayenne pepper before putting your shoes and socks on! It also keeps bacteria from growing as a bonus!

A reminder that cayenne can prevent frostbite during extremely cold weather. Similarly, you can improve heat circulation of your hands just by rubbing on some cayenne pepper. You will never want to leave home without cayenne again!

Bacteria Fighting Teeth and Gum Rinse

Cayenne pepper can be used as a very effective rinse for fighting bacteria that cause gum disorders, and tooth decay. However, don't expect this to be a tasty gum rinse.

Blend together these ingredients:

- 2 cups Water
- 5 drops tincture of Goldenseal
- 5 drops tincture of Myrrh
- 2 cloves crushed garlic
- a dash of cayenne

Simply mix the ingredients together well to prepare your gum rinse. Use this mixture a couple of times per day for swishing in the mouth for 2 -3 minutes. Your mouth will love you for it!

Fever Reducing Tea

Cayenne and Yarrow tea is a highly effective fever reducer. Yarrow tea is very well known as a traditional remedy for fighting colds, particularly in cases when fevers start but sweating doesn't occur.

To make this tea you will need:

- 16 oz. hot water
- 1 oz. dried yarrow (found in most health food stores in bulk)
- 1 tsp. cayenne
- 1-2 tsp. honey to taste

The tea is prepared by boiling the yarrow in 1 pint of water for 3-5 minutes. Wineglass full of warm yarrow tea provides quick relief from fever and other conditions of severe colds. Add a teaspoon cayenne pepper for added benefits. Use honey or sugar for improving the taste of your tea. Enjoy!

Cuts and Wounds

We all get an occasional cut or wound right? Cayenne pepper helps stop the bleeding when applied directly on wounds and also promotes healing with minimal scars or no scars at all. You might be thinking that it will cause a serious burning sensation, but you'll be pleasantly surprised to know that it hardly creates any burning sensations at all, and it also blocks pain from wounds. Just sprinkle some organic cayenne powder on the abrasions, scrapes or cuts and spread over the area for a few seconds to help stop the bleeding.

Cayenne Liniment

The poultice made from Cayenne pepper is very useful in the treatments of wounds, sores, rheumatism, lumbago and even snakebites. Yes, Snakebites!

For preparing cayenne liniment blend together:

- 2 oz. lobelia herb
- 1/4 oz. powdered cayenne
- witch hazel
- rubbing alcohol

Place the lobelia and cayenne into a quart sized bottle. Next, use a blend of witch hazel and rubbing alcohol for filling the bottle to top it off. Leave it in a cool area for about 15 days and your cayenne liniment is ready. You can apply it on bruises, sprains, strains and cuts.

Cayenne Detox

Cayenne pepper acts as wonderful detoxifying agent and can revamp your metabolism to help boost energy levels to prepare you for the morning rush hour, a day at work, afternoon parties, appointments, even help if you are feeling a bit sluggish today. This spicy & hot cayenne tea improves your circulation, stimulates the metabolic processes and produces warmth throughout the body.

Blend the following ingredients together to prepare your cayenne tea:

- 2 tbsp fresh grated ginger
- 1/8 tsp cayenne powder
- 2 cups water
- 1 tsp. turmeric
- lemon or honey to taste

Directions for making this detox tea:

Just boil the water mixed with cayenne powder and simmer for 15 -20 minutes. Then add in the honey and lemon for taste as well as the turmeric for additional benefits.

Toothache Relief

Cayenne is very effective in the treatment and prevention of gum diseases and disorders as well as fighting bacterial growth. Rubbing some cayenne powder on the gums stimulates them and prevents teeth decay or development of pyorrhea and gingivitis. Gargling with cayenne for 20 seconds can also improve your oral hygiene.

You will need:

8 oz. hot water

1 tsp. cayenne pepper

Directions for use:

Just boil some water. Mix the hot water with cayenne powder. Let the powder settle down. This can take 5-10 minutes. Be sure to gargle when water is still warm to get the maximum benefits.

Eye Problems

It's perfectly natural to lose some of our vision as the aging process occurs, which affects normal functioning of our body parameters during old age. However, with the right home remedies and proper diet, you can maintain good vision and overall eye health.

Three capsules of cayenne pepper per day, taken right after meals can significantly improve your eyesight. Just take the veggie capsules filled with cayenne after each meal! This home remedy has a remarkably amazing power to improve ones vision and may completely recover your vision, depending on your eye health.

In rare instances, it may even help you throw away those cumbersome glasses or contact lenses. Personally, it worked for me and my vision has been restored to a much healthier state. I am now able to manage many of my activities without the need to wear my eyeglasses most of the time.

I Love It!

Keep in mind that I religiously followed a strict course of cayenne capsules filled with 4 grams of cayenne after every meal for almost three months, and have kept up with the routine til this day!

Menstrual Cycle

For a lot of women, including myself, menstrual cramps can be a very painful process. Ladies, please know that relief is possible.

Regular intake of two capsules of cayenne powder per day (after lunch and dinner) can help you in regulating your irregular cycles. This handy cayenne regimen also prevents excessive cramping or bleeding from happening during this period.

Hemorrhoid Helper

Hemorrhoids are mainly caused by excessive strain when having a bowel movement, constipation, during pregnancy, or from having chronic diarrhea. A regular intake of cayenne pepper tea can be very effective in preventing hemorrhoids.

For this recipe you will need:

- 1/2 - 1 tsp. cayenne powder
- 1 tsp. lemon juice
- honey (to taste)

Drink this spicy hot herbal tea made from cayenne powder, Lemon, and honey. Alternatively, you can use other herbs added in to improve the taste and benefits of this hemorrhoid tea. Obviously, cayenne tea happens to be hot and spicy but very soon your body will adapt the natural calidity (heat) of the cayenne.

Cayenne Pest Control

Did you know that cayenne pepper can also provide an effective pest control? Common household pests like rats, mice and cockroaches don't like the strong and irritating odors from cayenne peppers. I still have yet to try it out on fleas! The fumes may cause some mild discomfort to you but doesn't cause any harm to humans and pets. Compared to chemical sprays, I'd say this is a wise choice for the health of your home.

Just heat one tablespoon of dried or powdered cayenne pepper in a shallow pan or dish over low flames. This spicy aroma will pervade throughout the house, and deter those pests from thriving in your house. You can as an option, try adding in some peppermint oil, clove oil, onion or garlic for enhancing the repellent powers of the fumes.

Insect and Snake Bites

We are coming to the end of this book, and to wrap up our homemade recipes, I decided to add this little tidbit in. Cayenne pepper is a very effective home remedy against many common insect bites, but can also be used as a first aid dressing in case of snake bites. Use the victim's saliva to moisten some cayenne powder and directly apply on the fang marks of the insect or snake bites. Cayenne pepper is powerful enough to neutralize many kinds of poisons. (Use caution if bitten by a deadly snake like the Rattlesnake, which should followed by immediate medical attention.)

Precautions and Warnings

Despite its numerous health benefits, I need to give out a word of caution. Cayenne pepper shouldn't be used at all if:

- If you are a mother who is still breast feeding, you can suffer from cracked skin around your nipples, and this is where the infant nurses from. Cayenne pepper, should not be used in this instance for the breasts because it can affect the infant's health.
- Children under 2 years of age, for NOT for any reason be given any amount of cayenne pepper.
- Patients that are just recovering from surgery should be well to avoid the Cayenne because it could actually cause excessive bleeding, this is because Cayenne pepper helps prevent blood clots.

You should understand that cayenne pepper is very hot and spicy. You should take precautions and test by using small doses before indulging in the full recommended dosages. Cayenne pepper should not be used on large open wounds and try to avoid any possible chances of getting it into the eyes. IT WILL BURN!

Some people are sensitive to cayenne pepper and direct application on their skin results in burns and blisters, causing unwanted irritation and problems. So, you should perform a skin test before applying directly and dilute the cayenne pepper with oil or flour paste for applying to the skin. You can spread this preparation on muslin and make a poultice for applying on the affected areas.

Avoid applying cayenne pepper on broken skin.

You shouldn't use hot spices in sufficiently large quantities during high fevers. So, if you are suffering from fever that reads 104 degrees or more, don't use cayenne as your remedy.

People suffering from rapid heart rates should also avoid cayenne pepper therapy. Cayenne may also aggravate the health complications of those who easily perspire or become overheated. So, people suffering from these conditions should stay away from cayenne therapy.

Cayenne therapy requires supervision of an experienced herbalist in cases of inflammation or irritation of gastrointestinal tracts and asthma.



Conclusion

To sum it all up, Cayenne pepper serves as a very spicy seasoning ingredient in the kitchen but its medicinal property is even more miraculous. So, DO add this spicy treat to your daily meal and daily happenings. It can most definitely lead to a happier and healthier life!

On Intake:

Cayenne remedy works better when taken half an hour before or after the meals. As a rule of thumb, avoid taking any liquid drinks for at least 15 minutes after your meals to allow passing out of the food from the stomach before taking cayenne.

The healing benefits of cayenne remedy doesn't work it's best when taken before or with the meals. Cayenne provides optimal benefits when it's taken with water. In fact, it may cause less stomach agitation on taking with water but be prepared to bear some agitation as being a pepper, it will agitate your stomach.

Notes:

Cayenne pepper tea works much better and reacts a lot faster when compared to drinking it cold or from a capsulated intake. The cayenne pepper is absorbed quite a bit faster when the cell structure is opened up through a warm tea infusion. This helps cayenne pepper to directly circulate through the arteries and reach the heart muscles to strengthen and nourish it.

From The Author

Thank you so much for taking the time to download, read and put to use my cayenne pepper cures book. I sincerely hope that you have taken the time to study and implement these wonderful healing Cayenne pepper remedies into your life, and to share these healing benefits with friends and loved ones!

As a master herbalist, I have truly enjoyed putting this powerful healing book together, as I have with all of my other natural remedy books. I would love to hear what you have to say about it! If you could please visit the page where you purchased the book on Amazon.com and leave a quick review, I would be honored. This also helps to get the message out to others who may be interested in the subject. Visit here: [Cayenne Pepper Cures](#), where you will also find my other natural healing books available as well.

Many Blessings and To Your Health,

Patricia Gardner

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