

DR. CASS INGRAM



Reverse heart disease, diabetes,
inflammation, digestive disorders, and more.

Plus, lose weight, and
beautify your skin and hair.

Dr. Cass Ingram

The
Black Seed
Miracle

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Introduction

There are countless plants in nature which offer cures and, thus, great hope for struggling, vulnerable humankind. These cures and remedies have been relied upon by the human race for centuries. Moreover, throughout history, plant medicines were the primary therapeutics dispensed. These natural medicines were even called “cures,” terminology which is, today, virtually prohibited. In antiquity there was no inhibition from making such claims. No one hesitated to any degree to state the facts at-hand, which was to recognize fully the therapeutic powers of all that nature provided. In that era without hesitation herbs were commonly called “cures.” Even in relatively modern history, for instance, as late as the 1930s this term was routinely applied to all manner of remedies and potions, especially those based on wild plants. Here is the crucial issue. In that era there was no pharmaceutical lobby which would dictate what could or couldn’t be said. If a plant or other complex of nature was capable of reversing disease, it was described as a cure and published as such: without inhibition.

This is the way it must be. It is the way of the almighty, creative God. It is He who clearly gives high marks for His productions in the original scriptures. Here, people are urged to

make use of the medicines of nature. It makes sense. Why would the all-knowing God create this vast litany of creatures without also providing all that they need, including the medicines to cure and reverse disease? Yet, what is the attitude of modern medicine today? The fact is it is the opposite of this. It is to suppress all information about powerful disease-ameliorating natural cures. It is to prevent the people from determining the appropriate uses for plant medicines, even to confuse them through disinformation. No doubt, a purposeful attempt to deny the general population the right to intelligently choose: to pursue and make deliberate use of natural and herbal options for the treatment of disease.

Repression of information can help no one. In fact, this proves dangerous. Now, a person has no idea regarding the powers of natural cures and their specific usage. All that can be done, then, is to rely upon synthetic drugs rampant with side effects, including premature death. Such drugs are offered as the only option not for any legitimate cause but, rather, merely to protect pharmaceutical monopolies: all at the expense of natural medicines. ‘Laws’ are developed by such monopolistic concerns, essentially to make it illegal to state, clearly, the uses and full potential of herbal therapies or other nature-based therapies.

How much more corrupt could it get? It’s sufficiently challenging that much of what has been known over the centuries about plant medicines has long ago been lost. Countless cures in nature are consigned into oblivion. Consider the knowledge once held by America’s original aboriginal practitioners, that is the pre-colonial natives. The losses, here, are certainly immense. This world needs to know more about the powers of natural cures, not less. No one has any right to dictate what can or cannot be allowed in the information channel regarding the potent remedies of

nature. Yet, in the Western world, in particular, this is precisely what is occurring, where known, provable remedies are held in check, as, officially, little to nothing can be said about their substantive—and proven—curative powers.

One such powerful cure is black seed. Known botanically as *Nigella sativa*, this is the seed of a plant from the genus, Ranunculaceae, belonging to the buttercup family. Both the seed and its expressed oil are highly therapeutic for all manner of syndromes and diseases. Consider the assessment of investigators publishing in the *African Journal of Traditional, Complimentary, and Alternative Medicine*. Here, it was stated, black seed is “effective” against a wide range of diseases, including, cancer, cardiovascular disorders, diabetes, asthma, and kidney disease: no doubt, a most impressive list. Incredibly, they also describe it as effective against “cancer of the blood system” as well as “lung, kidney, liver, prostate, breast, cervical,” and skin cancers. Yet, few if any people know about this natural drug, let alone realize that it is a cure-all.

As well, today, even with the users of black seed oil little information is available. Most people, including its promoters, simply do not know what to use it for. All this is solved by this book, which goes into great detail of all the various historical applications as well as those based on the scientific research. For instance, black seed oil is a highly effective antihypertensive agent. It is also a most excellent substance complex for reversing constipation, colon spasms, intestinal gas, and bloating. It is, additionally, a relatively good agent for reversing liver inflammation and infection. Yet, how many people realize this?

Even without the machinations of the pharmaceutical lobby until recently this powerful natural medicine was

largely neglected. In the typical textbooks of Western herbal medicine it is rarely if ever mentioned. As late as the 1980s virtually nothing was known about it; and none of the authoritative herbalists dispensed or prescribed it. American herbalists certainly gave it no attention. In fact, up to as late as the 1990s it is difficult to find even a single entry about this seed and/or its cold-pressed oil in orthodox natural medicine textbooks. Therefore, in the modern Western world the dispensing of black seed or its oil has been virtually non-existent. This was not true of this herbal in the Middle East and North Africa. Here, throughout the 20th century and prior black seed therapy was prescribed. The fact is black seed is largely a desert species, found, for instance, in the Arabian peninsula and Egypt, although it also flourishes in Anatolia as well as Central Asia and India. In prior centuries virtually all known use was restricted to these areas. Yet, even in these regions, its use was minimal compared to the value it upholds.

Its greatest fame was in antiquity. Well known to the Pharaohs and the ancient Greeks it was used primarily as a treatment and/or tonic, while to a lesser degree as a food. Moreover, in Medieval and post-Medieval Europe it was highly regarded. For instance, German herbalists of the 16th through 18th centuries described it as a reliable cure for a variety of conditions. However, as a rule it is not listed in the most well-read of the pre-modern works, for instance, those of the 18th through 19th centuries, while it was virtually never mentioned in the early American medical literature.

Additionally, the encroachment of so-called modern medicine virtually eliminated any interest, at least in the Western world. It would surely have been lost, like countless other natural medicines of the past, had it not been for one

man. In the pre-modern era there was a major advocate for this plant. It was he alone who kept alive the interest in this invaluable, life-saving spice. This is the Prophet of Islam, Muhammad, God's peace and blessings be upon him. It was he who cared sufficiently about the people of this world to give black seed its deserved preeminence. This is as a powerful cure for a wide range of ailments which afflict humankind. In this regard it has the backing of modern science as a key natural complex for directly reversing, while also preventing, diseases. People should take advantage of it, said the Prophet, using it to specifically reverse all the major afflictions, including heart disease, cancer, renal disorders, and diabetes. Yet, he was not alone. Hippocrates, Dioscorides, Pliny the Elder, the ancient Pharaohs, Assyrians, Babylonians, and far more also gave it high marks.

Chapter One

Nature's Cure-all

Make no mistake drugs are not the only category of substances that can powerfully act upon the body. In nature there are countless medicines which are highly effective in the treatment of disease. In fact, there are a wide range of natural complexes with drug-like actions. While few people realize it these natural powerhouses are capable of reversing and even curing disease usually more effectively than any known drug. This makes sense. The cures of nature are whole plants, which contain dozens and in some cases hundreds of active ingredients working in a pre-ordained balance and synergy. These complexes act far more efficiently, as well as more aggressively, than the synthetics. There are other reasons they are superior. The natural complexes are harmless, that is they are free of all serious or even deadly side effects. Further, unlike drugs the cost is affordable. One such natural complex, which is free of all noxious effects, is black seed.

Medicinal plants are considerably different than common drugs, the latter consisting largely of synthetic chemicals. Actually, there is no comparison between the

two, one being man-made, while the other is the result of a most unfathomable process. The fact is natural medicines are inventions of the almighty, all-knowing creator. It is He who in His wisdom knows precisely what humans need. This is obviously the case with black seed. In this regard the seed itself is heart-shaped, and incredibly, this organ is the main thrust of its actions. In contrast, drugs are the opposite. They don't operate in conjunction with nature and, actually, violate it through interfering with biological processes. Furthermore, chemical drugs are single substances produced often as patented medicines, while natural medicines never consist of single substances. Here, calling the natural plant substance, in this case, black seed a 'complex' is correct. This is because it consists of a wide range of active ingredients and medicinal components, in fact, dozens of them. Actually, black seed is represented by over 100 compounds; the synthetics simply cannot compare. It is so sophisticated that a number of its substances are unknown, that is they are yet to be identified or studied. As well, unlike drugs, nigella seed and its extracts have been made in advance by divine wisdom: for human benefit. In other words, *Nigella sativa* is specifically targeted for human needs; no human could duplicate this.

Yet, what is known about this spice's constituents is impressive. Such known compounds include volatile oils, fixed oils, monounsaturated fatty acids, saturated fats, pigments, and sterols. Nigella seed also contains a good amount of omega 3s, the expressed oil containing health-promoting, raw linoleic acid, along with a modest amount of gamma linolenic acid. Even so, that's not the ultimate source of its powers. Rather, it is a result of its novel compounds, rare ones not found in other seeds or oilseeds.

In addition, black seed is rich in a variety of B vitamins as well as certain minerals, notably calcium.

However, its most crucial component is a substance that is virtually unique to the plant. This is that exceedingly potent biological substance, the phenolic compound thymoquinone. It is thymoquinone which accounts for the majority of black seed's exceptionally diverse biological actions. The substance acts upon the tissues vigorously and with great specificity. In its capacity versus major diseases it is thymoquinone which makes nigella seed and its expressed oil incomparably powerful compared to all synthetics.

Yet, what is this complex, and what makes it so novel? It is a black-colored seed, and this alone makes it unique. How many other natural medicines are black in color? One of the only others is wild chaga where the outer element has this color. Black seed's rich color is a sign of its internal power, meaning that it is more correctly described as an herb or, rather, spice than just a food. As well, its expressed oil is a medicine rather than a food oil.

Ancient uses, modern confirmation

Black seed has a prolonged use in human health. As early as 3000 B.C. both the Assyrians and ancient Egyptians cultivated it, pressing the oil as both a drug and food. The Assyrian use included application on the eyes and for ear disorders as well as utilizing it as a remedy for skin conditions and intestinal or stomach complaints. A container of black seed oil was found in the tomb of King Tutankhamen, as were the seeds. In fact, black seed was used as a key ingredient in many ancient Egyptian dishes. It was also relied upon as a digestive aid after opulent feasts. Physicians of the Pharaonic Court recommended it for

headaches, colds, bronchial disorders, infections, toothaches, joint disorders, digestive complaints, and allergies. Oil of black seed was one of the secrets for the extraordinary beauty of Queen Nefertiti and also Cleopatra, who were admired for their exquisite complexions. Nefertiti was an avid user of black seed oil, applying it on her face and hair. Notes D. A. S. Hussein in her investigative report published in *NetJournals* the Queen also used it to give luster to her nails.

Hippocrates listed it as drug-like, deeming it invaluable for liver and digestive disorders, which is proven by modern studies. In the 1st Century A.D. it was also recommended by Pliny the elder in his textbook, *Naturalis Historia*, where it was described as effective against venomous bites, bulk tumors, abscesses, and skin disorders. Moreover, like the ancient Egyptians the second century physician Dioscorides recommended it for headaches, toothaches, nasal congestion, and intestinal parasites.

However, by no means did the Pharaohs or the Greeks popularize it. Rather, it was the Prophet of Islam, God's peace and blessings be upon him, who brought it to the forefront. It is to him that the world exclusively owes thanks. In his wisdom and insight he deemed black seed a universal remedy. It was at a time when knowledge of natural medicine had largely waned. He also highly recommended raw honey as a key natural medicine as well as wild oregano, which he noted, correctly, is a remedy against head colds. Even so, there were few if any natural cures that he gave such preeminence as nigella. Specifically, he proclaimed, "Make use of black seed (because) it is a cure for every disease: except death" or, alternatively, "Take this black seed, because in it is a cure for

all diseases...” No statement could be more deliberate, as well as accurate, than this. This is a profound and revealing dictum, one that surely would attract the attention of virtually all people. Who wouldn't desire to take advantage of it after hearing such words? It was his own habit to consume the seeds for various illnesses, often mixing the seeds with raw honey. It is recorded that one of his followers used the crushed seeds in olive oil intranasally to cure head congestion. At that time the pressed seed oil was rarely available. As well, the Old Testament holds it high, deeming it “curative black seed.”

Throughout the centuries Islamic sources continued to popularize it. Following the ancient Greek model Islamic physicians held it useful for conditions of both hot and cold nature. Hot conditions might be regarded as fever, sweats, flu, and diarrhea, while ‘cold’ might have meant circulatory disorders. The writer Zahbi said that black seed effectively purges obstructions in any part of the body, while also expelling gas and giving tone or strength to the stomach. If taken with comparable remedies, such as extra virgin olive oil, garlic, and onion, early investigators noted, it readily combats diarrhea and dysentery. As early as the 10th century it was also found to reverse numerous respiratory diseases, including asthma.

Simultaneously, it was reported, black seed was useful in a wide range of skin disorders. Now, it is known that this benefit may largely be related to its rich content of plant sterols and omega fatty acids as well as its content of the skin pigment, melanin. It was also determined to be effective against head pain, jaundice, paralysis, joint or muscular inflammation, poor appetite, halitosis, that is bad or foul breath, intestinal parasitism, painful or sluggish

menses, tapeworm infestation, diarrhea, chronic cough, fever, eye disorders, and complete lack of menses, the latter being known as amenorrhea.

In the 10th century through the work of Ibn Sina, *Canon of Medicine*, black seed was recommended for its ability to cleanse and detoxify the body. Ibn Sina gave it a special status, calling it “purifying.” This is a highly accurate description of its powers in cleansing and purging the blood, lymph, and intestinal tract of noxious pathogens, including parasites, while also attacking and purging cancer cells. Confirming earlier work, noted this scholar, it reduces mucous and strengthens the lungs, while also fighting colds, fever, coughs, headache, and toothache. In further confirmation he deemed it effective against all manner of intestinal parasites—that all-important purifying action—especially worms, which it poisons. Notably, infestation by worms causes a severe degree of toxicity within the body. Overall, he classified it as “stimulating,” saying it vitalizes the body, creating energy and eliminating fatigue and lack of spirit. It is also, he proclaimed, a major cure versus cancer. All these early findings have been confirmed by modern scientific research.

In that early era it took minimal experience with black seed to realize its powers. Quickly, it became the basis of a number of the healing systems of the time, Ayurveda, Tibb, Unani, and Siddha. It was popular as a major cure, because of the fact that it was effective, reliable, and non-toxic. Traditionally, there has been much use, which, in fact, curiously, models modern scientific findings. As demonstrated by Sandhu and Rana in their thorough review published in *Pharma Science Monitor* black seeds have been used as a diuretic, stomach aid, digestive stimulant, and a

therapy for reversing diarrhea. Regarding the latter it is most effective when combined with raw honey.

The seeds have also been used in buttermilk to cure stubborn cases of hiccups, they note, as well as for boosting poor appetite. *Nigella sativa* has also been consumed traditionally, for obesity, which is, again, demonstrated by modern research. It has been long known for its ability to stimulate the flow of bile, useful not only in liver and gallbladder disorders but also for any chronic or acute fever. Because of its action on bile it has been found “invaluable for hepatic and digestive disorders.” Chewed seeds have historically been used to relieve headaches. Moreover, water extracts, plain or in honey, have found value for reversing skin diseases. Water extracts also were found, they state, “to remove swelling from the hands and feet.” *Nigella sativa* has also been recommended for vaginal yeast infections, removal of pimples, reversal of eczema, and the elimination of freckles.

Let us re-examine the earliest proclamations in some detail, that is, in particular, the prophetic one of it being a cure for, essentially, all the basic diseases known and the biblical one of it being “curative” at-large. As will be fully demonstrated the science confirms these ancient dictums. Moreover, just as the Prophet, God’s peace be upon him, wisely said it is impotent in only one arena; it cannot halt the process of death. In other words, if a person is in the throes of dying and the black seed is administered—it is here alone where it may prove of no consequence. Yet, incredibly, according to his dictum in all other circumstances it offers immense therapeutic powers.

It is curious that the word “cure” was then directly applied to its powers; no one could dictate otherwise. Yet, no

company, today, could deem its productions, whether black seed or the expressed oil, a cure without suffering risk of the full powers of the law, that is risk for aggressive prosecution. Essentially, such a company could be shut down or surely compromised, in essence, for merely proclaiming the truth, that is what God Himself has deemed. This is the tyranny of the time, where the medicines of almighty God, the curative productions of wild nature, as well as the whole food-like cures, such as spices, are held in check by mere monopolistic interests.

Chapter Two

A Drug or an Herb?

Just what is black seed oil? What, too, is this black-colored seed? It's not an oilseed in the typical sense, like canola, cottonseed, soybeans, or corn. Rather, it is the product of the fruiting body of a flowering plant, the oil from which is more correctly described as drug-like rather than merely a food oil. When researchers investigate it, they are baffled. They are not sure how to classify it. Is it a food, herb, spice, or natural drug? It is difficult to define, because of its wide scope of actions and the fact that, essentially, in many ways it is drug-like. One investigator, E.Z. Dajani and his group, called it a substance with "very broad pharmaceutical actions." No wonder the drug companies are attempting to patent it, that is its active ingredients. The reason pharmaceutical companies are doing all in their power to monopolize it can be readily explained. Dajani lists the following actions:

- that it is an antioxidant
- that it is immune modulating
- that it protects cells from aging and toxic destruction
- that it regenerates human cells, including nerve cells
- that it blocks inflammation

- that it contains two highly pharmacologically active components, thymoquinone and alpha-heredin, that are just as potent as any drug

In fact, as a result of these novel properties, the investigators concluded, the unfathomable should be achieved. It should be ‘turned into a drug,’ it is stated. This is through fully defining its pharmacology and then “standardizing” it. This is no isolated attempt. Chinese investigators, publishing in the *Chinese Journal of Natural Medicine*, have stated that nigella is “a valuable plant for production of *new drugs*...” Notice the use of the plural—a multiplicity of drugs? This, it is claimed, is because of the fact that it is useful for the “treatment of many diseases.” Is this not impressive to the extreme? Thus, even the orthodox scientific system gives it the highest marks. Clearly, then, from the pharmaceutical point of view black seed is invaluable as a disease treatment agent. Yet, how could drug companies possibly improve upon this through manipulation and biosynthesis? Actually, any such improvement is categorically impossible, as a single, isolated chemical or a few such chemicals could never replace the naturally occurring, uncompromised whole.

Chemical composition

A highly unique production of nature black seed is both aromatic and bitter, which gives evidence of therapeutic action. Bitters, in particular, help stimulate and regulate digestion. Much of the aromatic element is from volatile oil, which accounts for 1.5% of the weight. This oil is what gives it a pungent taste. The seeds are also up to 38% fixed or heavy oil, that is monounsaturated and saturated types,

along with sterols and other fats. As well, nigella seed contains albumen, organic acids, flavonoids, and the glucosides melanthin and metarbin.

Plus, as has been stated earlier this is one of those rare natural complexes where a considerable portion consists of substances unknown. This is also true, for instance, of royal jelly. Science cannot fully fathom all its powers either.

As a food seed nigella is nutritionally dense. For instance, it is a good source of calcium, which accounts for some 1% of its total weight. It has nearly an equal density of magnesium, with a mere tablespoon of the seed containing five percent of the daily requirement. Other minerals found in relatively rich amounts include iron, copper, zinc, and manganese. One hundred grams gives nearly 90% of the minimal requirement for copper and some 40% for zinc, making it one of the best sources of these minerals known. Regarding iron, each tablespoon contains 22% of the daily need. With its blackish-grey color this is no surprise. Manganese content is considerable at 10% of the daily requirement per tablespoon.

Nigella seed is also high in protein, which amounts to an incredible 20% of its weight. The type of protein found in the seeds is highly digestible as well as tissue-building. Impressively, it contains eight of the nine essential amino acids, including rather crucial ones such as tryptophan, phenylalanine, and tyrosine. It is notable that both tryptophan and phenylalanine help modulate pain and inflammation; black seed is known to be effective against these. Moreover, tyrosine is critical, as it is needed, in particular, for optimal function of the thyroid gland, which may explain the clinical finding of black seed as a boosting agent for thyroid function. Regardless, its amino acid profile

is impressive, which means that it is both a food and medicine and that, whenever possible, it should be added to food and recipes.

Such nutritional density was no surprise to earlier civilizations. It was the Bible which made it clear that the plant was raised for its seed, where it was harvested and thrashed with sticks to remove in large amounts from the fields. The 11th century Islamic physician al-Biruni also described it as a harvested crop, calling it a grain.

Recently, it was discovered that black seed is a dense source of the rather rare pigment melanin. This is the same substance that gives human skin dark color as seen in Asians, Middle Easterners, and Africans. Found in the outer coats of the seeds this pigment is one of the most powerful natural medicines known and is, in particular, a potent antioxidant. This makes sense, since within the skin it has the capacity to protect cells against the harshness of ultraviolet radiation. Melanin also has hormone-like powers. The high density of this pigment may explain its historical use by the ancient Egyptians for skin health.

There are a plethora of saponins in nigella seeds, the primary one being the glycoside alpha hederin, also known as melanthin. Nigella seed also contains alkaloids, notably indazole and nigelicine as well as the novel compound nigellimine. Other active ingredients include the alkaloid nigellidine. This compound contains a special chemical center known as an indazole nucleus, one of only two known. In what is categorical evidence of its unprecedented nature, continuously, new, never-before-known compounds are being found in its substance.

Nigella seed is a good source of vitamin E, containing various analogues, including alpha, beta, and gamma. As

well, the so-called unsaponifiable component of black seed contains unique lipids. These lipids have never been isolated from any oilseed and include substances known as dienoate and monoesters. In addition, goodly amounts of beta sitosterol, campesterol, and stigmasterol are found in the fixed oil fraction. Of such sterols beta sitosterol accounts for some 70% of the content, although stigmasterol is also found in significant amounts. This sterol is well known for its biological activity in supporting heart health and for the integrity of cell membranes. All such plant sterols are exceptionally heart-healthy. In fact, these sterols contain properties which are often little realized, including the ability to induce heart muscle regeneration. This is even recognized by the FDA, which has approved a heart-healthy claim for sterol-rich plant complexes. While it is seemingly little known plant sterols are essential nutrients for heart health, found in highly dense amounts in black seed.

The discovery of certain of these components confirms the absolutely novel nature of black seed compared to all other oilseeds, making it clear that it is more correctly described as a medicinal seed and oil than a food substance. For instance, as has been alluded to within the seed mass six rare indazole-class alkaloids have been recently discovered, including two that were previously unknown, a methylnigelidine component and the compound, nigelanoid. These compounds are pigments and, thus, are similar in their actions to melanin.

The vitamin content of black seeds is impressive. It is the seeds which are the richest source compared to the oil. In a mere 100 grams or about two tablespoonsful nigella seeds pack some 70% to 100% of the daily need for thiamine, while the niacin content is also considerable at an

impressive 35% to 50% of the daily need. Few other food substances offer such a density of these metabolically critical catalysts. Both niacin and thiamine are crucial for energy metabolism and are required for the efficient burning of carbohydrates. In particular, niacin is required for hormone synthesis. As well, both these vitamins are crucial for the production of brain chemicals known as neurotransmitters, including the anti-depressant substance tryptophan. Essentially, the combustion of all fuel sources within the cells, particularly, the burning of glucose is dependent upon both niacin and thiamine. Both of these metabolic giants are required for the efficient function of that intracellular energy producing mechanism, known as the Kreb's Cycle. The content of vitamin B₆ is also extraordinarily high at 790 mcgs, which amounts to 36% of the daily need, while the folate level is modest but significant at some 10% of the daily minimum. There is even the relatively rare vitamin riboflavin, found in lesser amounts, with a density of 4% to 5% of the daily need per two tablespoons. Then, what could be more dense in B vitamins than black seed?

However, the most important chemical constituents, which account for its medicinal powers, are the aromatic compounds, thymoquinone, thymol, carvone, and carvacrol. Of these, thymoquinone is the most crucial.

Thymoquinone to the rescue

The primary active ingredient of black seed, thymoquinone, is found in dense amounts in the aromatic fraction. This is also known as the essential oil component. This oil may be removed either by distillation or supercritical extraction. Known chemically as a benzoquinone, it is a phenolic

compound with immense medicinal actions. A derivative of the antiseptic, antioxidant substance, thymol, it is a chemically 'enriched' form of this molecule, possessing additional oxygen molecules complexed to a benzene ring, the latter containing double bonds. A relatively rare natural complex *Nigella sativa* seed is the among the densest sources of thymoquinone in all nature. Other rich sources include plants of the bergamot species, such as *Citrus aurantium*, a type of inedible bitter orange, and purple bergamot, which is also known as bee balm. Another good source is juniper. Thus, truly, thymoquinone is rare to the extreme. In fact, black seed represents the only major source, which is readily available.

One of its main mechanisms of action of this compound relates to its antioxidant powers. Thymoquinone has the capacity to quench noxious free radicals in a dominating way, in fact, with the same force as the all-important enzyme-based antioxidant, superoxide dismutase. Another key mechanism of action relates to its antiinflammatory powers. This is also a consequence of its antioxidant actions, as thymoquinone blocks lipid peroxidation in cell membranes, the latter being a major cause of tissue inflammation.

Regardless, no doubt, free radicals are a major cause of human disease and, thus, much inflammation. Toxic components of metabolism are produced routinely by the trillions of molecules daily. Every fraction of every second billions upon billions of such molecules are made, which speed oxidation, which is, essentially, internal aging. It cannot be overemphasized. Hydroxyl radicals and peroxy radicals are generated continuously in the human body. This is both as a consequence of internal metabolism and also as

a result of exterior stressors, like exposure to ultraviolet radiation, direct contact with toxic chemicals, heavy metal exposure, and environmental pollution. Even psychic stress can cause free radical production; in fact, this may be a primary source. As well, the consumption of noxious components in the diet induce the formation of these dangerous substances. The intake of genetically engineered components, for instance, GMO-tainted soy, corn, canola, beet sugar, and cottonseed, may cause massive free radical production. Any such oxidative stress is a primary factor in the development of degenerative diseases, including heart disease, high blood pressure, cancer, autoimmune disorders, joint disease, bone marrow disorders, inflammatory disorders of the gut, morbid obesity, and degenerative disorders of the nervous system such as Alzheimer's, MS, and Parkinson's disease. It is also the key factor behind excessive or rapid aging of the skin.

One of the major consequences of free radical generation is cancer of the colon and/or rectum. In the colon there is unique vulnerability to this disorder. This is in regard to the issue of transit time. Stool which remains in the colon for excessive periods, for, in fact, an exceedingly abnormal period of time, like a few to several days, is a potent carcinogen. In such a scenario there is plenty of time for the production of free radicals as well as the induction of potent metabolically derived carcinogens such as various anthracene derivatives, like dimethylhydrazine and benzo(a)pyrene, which are aggressive colon carcinogens. Thymoquinone blocks the toxicity of these extreme carcinogens. This proves that black seed and its expressed oil are highly preventive against this devastating disorder. Regardless, it is well known that aromatic plant compounds

exhibit major power in the prevention of colonic diseases, especially cancerous degeneration. In this regard thymoquinone has particularly promising antitumor actions. For instance, in some animal studies, that is in mice where fibrosarcoma tumors were induced, it has blocked the growth of the fibrosarcomas, also preventing coal tar derivative-induced stomach tumors. The fact is in all body tissues the black seed active component thymoquinone performs relative miracles. This is confirmed by studies of its powers relative to chemically induced oxidative damage of red blood cells as well as other studies showing its abilities to prevent or even reverse chemically induced kidney toxicity, known as nephrotoxicity.

Regarding oxidative changes in red blood cells this is a crucial issue. Blood is the primary tissue in the body affected by the toxic effects of noxious chemicals such as drugs and synthetic food additives. The fact is alterations in red blood cells are detected in a number of disease syndromes. These cells are continuously in contact with the disruptive consequences of metabolism and chemical toxicity, which is reactive oxygen species. This oxygen is deemed reactive, because it 'reacts' noxiously with red blood cell membranes. However, their metabolic activity is capable of inducing self-regeneration after toxic damage from this oxygen. This protective capacity includes the generation of superoxide dismutase, catalase, and glutathione, all of which aggressively trap and neutralize free radicals.

The cells need such full-bore protection, since the toxic risk is constant. Exposure to oxidative chemicals leads to injury of the cell membrane, causing these membranes to become fragile and, thus, potentially burst. Thymoquinone

has an exceedingly powerful action in this regard, blocking and reversing all degrees of red blood cell oxidation. The regular intake of thymoquinone-rich black seed oil, as well as the pulverized seed itself, is one of the most efficient ways to prevent oxidative damage of human cells, including all the various cells of the bone marrow. In this regard it is an effective remedy for diseases of the bone marrow, including thrombocytopenia, leukemia, multiple myeloma, and anemia as well as polycythemia.

Volatile oils: a complete review

The volatile oils are, no doubt, the key active ingredients in black seed. By weight, thymoquinone is the richest, amounting to in oil samples some .7% to 1.3%, and rarely somewhat higher. On average a high quality black seed oil ranges from about .75% to .95%. The volatile oils are also known as essential oils. Other key volatile/essential oils in black seed oil include cymene, limonene, carvone, carbony, and nigellonsemohiprepinon, a substance entirely unique to black seed. Still other biologically active components include the volatile antiseptics, carvacrol and thymol. These essential oil components aid in the relief of pain and inflammation, reducing irritation and spasms. For instance, carvone has been demonstrated to calm irritability in the colon and ease gas, while limonene is known to dissolve and, thus, purge gallstones. Carbony is one of the primary substances in black seed oil, along with carvacrol and thymoquinone, for inhibiting and destroying noxious bacteria. It also possesses antiviral properties. However, the most potent germicide in black seeds is carvacrol, though the amounts in batches vary widely.

Summary of black seed's immense powers

In a most thorough article published in the *Asian Pacific Journal of Tropical Medicine* investigators, led by A. Ahmad, list all the varied uses and capacities of black seed and its phytochemical-rich oil. These wide-ranging protective functions and powers are listed, here, in an extrapolated form, as follows:

- protects the stomach from toxicity and degeneration
- blocks toxic and/or metabolic damage to the liver
- enhances the production of pancreatic enzymes as well as insulin
- stimulates digestion, including normalization of the flow of bile and stomach acid
- helps block the development of high blood pressure and that pre-diabetic condition, syndrome X
- acts as a mild natural diuretic to maintain healthy kidney function
- helps prevent cellular damage of the kidneys from stress, toxicity, and aging
- aids in modulating, that is balancing and enhancing, the immune system
- prevents spasms of the internal muscular tissues of the body such as those which line the intestinal tract, the arterial muscles, including those of the coronary arteries, and the muscular layers of the bronchial tract
- acts to protect the body from cancer development and also aids in purging cancerous tissue from the body
- aids in stimulating a healthy, normal appetite
- soothes pain and inflammation

For human health what could be more superior than this? What herbal medicine could possibly compare in power to this blessed, ultra-potent seed? It's consumption has a positive impact on all organ systems: on every cell and tissue of the body. No wonder it is appropriately known as *The Miracle of Black Seed*.

Types of black seed supplements in review

There are a number of black seed-based supplements available. The main one is the cold-pressed oil. A second major form is the pulverized seed in capsules, ideally combined with pulverized brown cumin seed and red sour grape. By the way this adds a delicious flavor to any vegetable or meat recipe, when the capsules are opened into the food. Still another is the oil in a gelcap with oils of cumin seed and fennel seed, this being a highly potent combination and is particularly of value for digestive disturbances.

There are also the mycellized forms of black seed oil, notably the type emulsified in organic yacon root syrup plus oils of wild oregano and ginger. With its sweet flavor it is the ideal type for children and also those who do not tolerate black seed oil's taste. Raw, mycellized whole food black seed oil is also available in a water soluble form, like a juice. This is, in fact, known as Juice of Black Seed. In this form all the components of black seed oil are quickly and vigorously absorbed: directly into the bloodstream and lymph. This is the ideal form for use in juices and/or smoothies.

Chapter Three

A Diabetes Cure?

Throughout the Western world there is a crisis looming that is of unfathomable proportions. This is the catastrophic rise of diabetes. There is yet another serious element, which is its precursor: pre-diabetes, also known as syndrome X. This condition is manifested by a phenomenon known as insulin resistance. Insulin resistance is not only a precursor to diabetes but it is also a progenitor of heart disease, thyroid disorders, stroke, and cancer. On a somewhat milder scale there is also hypoglycemia or low blood sugar. In the United States alone countless millions suffer from these conditions. Here, it is estimated that potentially one of four people will develop diabetes or its lesser forms at some point during their lifetimes. In this regard there is a great need for spreading the good word regarding black seed, as well as its oil. That's because these natural medicines are among the most potent antidiabetic complexes known. For all such conditions black seed has both preventive and therapeutic powers. In fact, in many respects it is a cure for these conditions, including fulminant diabetes itself. Moreover, if consumed regularly, particularly if both the seed and the oil are consumed simultaneously, it offers preventive powers, blocking the development of all manner of blood sugar-related disorders, including hypoglycemia,

hyperglycemia, syndrome X, diabetes type 1, and diabetes type 2. Few other natural medicines offers such wide-ranging actions. In diabetes, particularly type 2, vigorous use of various types of black seed oil remedies, including the seeds, the pulverized, encapsulated seeds with red sour grape and brown cumin, the mycellized oil in yacon, and the cold-pressed oil, will routinely result in a significant degree of improvement and in some cases a categorical cure.

While the whole seeds are themselves powerful they are more effective when combined with other remedies such as brown cumin powder or extract, and red sour grape powder, many of which are found in the supplement, Black Seed-Plus. Other highly antidiabetic herbs and spices include turmeric, bitter melon, fennel, wild oregano, *Rhus coriaria*, fenugreek, cinnamon, and myrtle.

Regarding its ability to reverse diabetes there is considerable scientific support for this position. The work of Indian investigators publishing in the *Journal of Endocrinology and Metabolism*, where the direct effects of black seed oil were studied on the pancreas, must be considered. Here, it was found, black seed oil worked as well as the highly touted anti-diabetic drug Metformin in stabilizing blood sugar levels. Yet, there was an unexpected finding. The intake of the oil led to the untenable, which was the regeneration of the insulin producing elements, the so-called pancreatic beta cells. This resulted in a black seed-induced increase in insulin levels, which is typically very difficult to achieve. A most profound action such regenerative consequences are certainly rare. No drug can achieve this, while few known natural remedies have such powers. Regarding drugs, as well, many of them cause the opposite: the wholesale destruction of the beta cells. The

regenerative powers of black seed may lead to an increase in the production of insulin molecules. This may explain why, clinically, black seed and its expressed oil have been found to be effective against diabetes type 1.

What are the ultimate results, then, of the vigorous intake of black seed supplements? It means that this will likely result in normalization of insulin production. If this occurs, then, there is proper regulation of blood sugar levels. This means that the diabetic will no longer need to be artificially sustained with drugs and injections. It also implies that the pancreas is induced to rest and, thus, is able to produce insulin on its own, a remarkable and much-desired consequence. In other words, through black seed therapy the diabetes is essentially cured.

Here are some of the details of that research. In isolated rat pancreatic islets of Langerhan exposure of the cells to water-based, that is aqueous, extracts induced, noted the investigators, “significant increases in insulin release.” Moreover, in cell culture the aqueous extract of the seeds antagonized excessive release of acetylcholine and histamine, while simultaneously causing a calcium channel blocking-like action on isolated heart cells. All such actions are invaluable for combating syndrome X or pre-diabetes as well as type 1 and type 2 diabetes. Obviously, then, in the case of diabetes in addition to the cold-pressed oil the intake of the aqueous extract is also indicated.

Regarding positive actions on insulin metabolism and pancreatic health there are a multitude of studies in this regard. For instance, consider the evaluation of alloxan-poisoned rabbits. Here, it was revealed, a 5% extract of black seed given daily for two months led to a significant decrease

in elevated blood sugar levels. Curiously, it also induced a rise in plasma levels of the thyroid hormone, tri-iodothyronine. Similar studies also show a reduction of lipid peroxides and increased blood levels of the cell-protecting antioxidant, glutathione peroxide.

How could it be that black seed and its expressed oil had such a profound benefit? There surely is a mechanism of action, which is determinable. What could account for the pancreatic cell regeneration? Surely, the antioxidant powers of black seed and its oil must play a role, as does its capacity to heal and rebuild cell membranes, the latter function being, in part, due to its rich sterol content. Even so, it may to a degree be the result of a rather little realized mechanism of action: its anti-parasitic powers.

Diabetes is related to infestation of the gut. One such infestation is by parasites, particularly intestinal flukes, which may readily infect the pancreas. Commonly, the head of this organ is attacked and invaded by such pathogens. The flukes may also simultaneously infect the liver and gallbladder as well as the pancreatic duct. This will wreak great havoc in the digestive tract, including much inflammation and, ultimately, cell destruction. The result is diabetes or at least its precursors. Or, this infestation may complicate existing diabetes. Syndrome X itself may be largely a result of pathogen infestation, not only by parasites but also via fungi, particularly candida. Yet another perpetrator is tapeworms, which may also largely induce the diabetic state. Black seed oil is highly anti-parasitic and may act to purge these noxious pathogens from the body, the whole seeds also possessing this power. This is especially true if it is combined with other antiparasitic components such as fennel seed oil, pulverized fennel seeds, juice or essence of wild oregano, brown cumin seed oil, and

garlic. As well, for added effects against parasites the intake of raw pumpkinseeds is advised, as is the ingestion of the total body purging agent, described throughout this book.

In diabetes the role of fungal infestation is well established. This infestation can occur in any of the digestive organs, although the small intestine, esophagus, and colon are particularly vulnerable. Molds can also readily infect the stomach and, though, less commonly, the liver and pancreas. In fact, in long-term diabetes fungal overload, including that caused by the yeast, *Candida albicans*, is routine. With black seed oil therapy, especially if combined with wild oregano oil therapy, fungal infestation is purged.

Regarding syndrome X, or insulin resistance, it is essential to consume black seed. This 'resistance' can prove destructive. Insulin is essential for the efficient combustion of cellular energy, including glucose. In insulin resistance glucose accumulates excessively in the bloodstream, thereby, wreaking havoc. Cells that resist this hormone are feeble in their ability to burn glucose, all because of syndrome X-related toxicity and inflammation. The accumulated glucose is ultimately converted to fat, which is deposited preferentially in the front of the abdomen. A pouch of fatty tissue develops, which itself is resistant to efforts to 'burn' or eliminate it. This is known as peritoneal fat, and a high density of such fat is a significant risk factor to the development of diabetes, high blood pressure, and heart disease as well as cancer. The fact is a high density of peritoneal fat is a direct diabetes risk, whereas thinness in this region greatly reduces risk.

Nigella seed fights this weight gain syndrome and also the propensity for fatty accumulations in the arteries. This is through its actions on cellular metabolism as well as its capacity to boost digestive powers. It is also a result of its

powers of bolstering thyroid function. Deposition of peritoneal fat is a sign of weakness or sluggishness in this organ. Thus, the intake of this metabolic giant is essential, as one of its properties is to increase metabolic rate: that is to increase fat, as well as sugar, combustion. When combustion reaches a high efficiency, the syndrome is reversed. In some cases black seed and its expressed oil are so effective in this regard that they may induce significant weight loss from the front of the abdomen, as much as five pounds per month.

By curbing inflammation, bolstering metabolism, and balancing weight gain-related triggers black seed halts the peritoneal fat deposition syndrome, leading to a wide range of positive benefits. This includes, crucially, the prevention of coronary artery disease, hypertension, and diabetes. As well, this action is facilitated by the simultaneous intake of oils of cumin seed, fennel seed, and wild oregano. Moreover, as mentioned previously because of its metabolism-enhancement capacity it may cause the vigorous burning of fat, partly through increased thermogenesis. Among its anti-obesity and anti-syndrome X actions include the following:

- improved fat digestion
- reduction in appetite
- increased absorption of glucose from the intestines
- increased utilization of insulin at the cellular level
- enhanced liver burning of glucose and other fuels (enhanced gluconeogenesis)
- reduction of blood triglycerides
- reduction of blood total cholesterol
- lowering of blood glucose levels

- reduction in blood levels of homocysteine, a maker of syndrome X
- a rise in the body's heat index, known as thermogenesis

While some of these aspects have already been mentioned, regardless, at a minium nigella seed and the expressed oil will improve glycemic status, while also aiding in the normalization of blood lipids. Additionally, black seed boosts overall digestion in diabetics, while assisting in the purging of toxins, which may complicate the condition. Moreover, there are some 15 studies which show that it reduces blood sugar levels in both diabetics and pre-diabetics. In addition, in certain studies it was found to lower glycosylated hemoglobin (HbA1c) levels, a significant consequence, which is additional evidence of its anti-diabetic and diabetes prevention actions. In some human studies regular intake of either the seed or the cold-pressed oil caused a reduction in waist size. This is a major added benefit. Yet, it should be no surprise as a consequence of its blood sugar-regulating properties as well as its ability to boost metabolic rate. Simultaneously, it also prevents pancreatic inflammation and swelling as well as excessive congestion and irritation of the liver. A normally functioning, highly metabolic liver is the key to diabetes prevention.

There are countless case histories of individuals who have taken black seed oil with anti-diabetic benefits. No doubt, as mentioned previously, abdominal obesity, known also as truncal obesity, is a major risk factor. Black seed directly attacks this by enhancing the body's fat burning capacity. For this reason alone it is an essential medicine for both diabetes prevention and treatment as well as in the treatment of all obesity syndromes.

Yet, what is diabetes and even pre-diabetes? It is a disorder of overall metabolism as it relates to the combustion or utilization of food. That food includes, surely, sugar but also carbohydrates, in general, as well as fat and protein. In diabetes the body is insufficient in the digestion and processing of food. The function of the digestive organs becomes defective. In particular, the liver and pancreas suffer significant metabolic derangements. Any natural medicine which boosts the function of these glands is a diabetic aid. No medicine can be more powerful in this regard than black seed. Yet, once again, the pulverized seed is most effective when combined with pulverized brown cumin seed, the latter being a vigorous anti-diabetic agent. All that is possible must be done to activate cellular metabolism in the pancreas and liver. Black seed vigorously achieves this, bringing the optimal function of these organs to the maximum level.

Black seed is also therapeutic for many of the other consequences of this disease, for instance, pain, inflammation, and nerve disorders. Applied topically, it soothes painful joints and muscles, while also aiding in the healing of nerve damage, as occurs in diabetic neuropathy. Black seed offers its greatest benefits for neuropathy, though, when it is also taken internally. The seed, with its density of B vitamins and minerals, aids in nerve sheath regeneration, as do the various plant sterols, which act directly on the outer coating of the nerves, known as the myelin sheath.

Treatment protocol for diabetics and diabetic neuropathy

- oil of black seed: tsp. or more twice daily; also rub topically, as needed
- oil of black seed gelcaps with oils of fennel seed, cumin

- seed, and wild oregano: two or more capsules twice daily
- pulverized black seed capsules with red sour grape and brown cumin: two or more capsules twice daily
- mycellized black seed plus raw yacon drops: 40 or more drops twice daily

Chapter Four

The Cardiovascular Remedy

One of the greatest domains for the powers of black seed is the cardiovascular system. This is reiterated by the words of the Islamic Prophet when he proclaimed, essentially, it is effective to prevent and/or reverse major killers. His statement that it is a cure-all is a deliberate, as well as direct, reference to the fact that the intake of black seed and/or its extracted components stalls premature death from the major killers: heart attacks, coronary artery disease, stroke, neurological disorders, diabetes, and cancer. Moreover, as indicated by these proclamations it should be consumed regularly for the individual to gain such benefits.

It is impressive to say the least that this unlearned man made such a profound statement yet one which is confirmed by modern research. It is now known that black seed and its expressed oil are bona fide treatments for virtually all disorders of the heart and circulation and that, if consumed regularly, in fact, do have major protective actions. The vulnerable human being needs all the protection possible in this regard, as daily stressors and various toxicities may readily, negatively impact this system.

This is highly positive news for people of Western culture, in particular, where heart disease, as well as

arteriovascular disease, such as stroke and aneurysm, remain the primary cause of premature death and, in fact, death in general. After all, heart disease is a categorical plague, one, incidentally, not found to such a degree in various other cultures, especially those where native diets are consumed. Could, then, the regular intake of pungent food complexes, like aromatic Middle Eastern and Indian spices, as well as black seed, be the key to protecting the body against such a catastrophic incidence? It is surely plausible when considering the vast powers of black seed alone. Its actions are so profound that it seems as if it was made specifically for cardiovascular health. For instance, there is much evidence that nigella acts directly on the heart muscle as well as the arterial tree, largely through the powers of its key aromatic compound, thymoquinone.

Yet, it should be kept in mind that it is an exceptionally dense source of plant sterols, substances which have been proven to have a protective effect against degenerative diseases of the heart and arteries. Even so, regarding its powers for the heart muscle this is no surprise. Incredibly, as mentioned previously in what is a miracle of nature the seed itself is shaped precisely like a heart, with a wider top and pointed tip, while having the appearance of virtual plant-like coronary artery components on its exterior. Praise be to almighty God for the sophistication and refinement of His creation.

Black seed and its expressed oil have wide-ranging powers versus cardiovascular disorders. In this regard the potential of the various black seed medicines is seemingly limitless, which is confirmed by a number of scientific investigations. In many respects it is difficult to find a comparable herb or spice that has such comprehensive powers for cardiovascular health. The fact is it is a specific,

deliberate circulatory tonic, which positively affects all elements of this system. While doing so it also bolsters the health of the immune system, thyroid gland, and bone marrow, much needed as support elements for cardiovascular health.

What, then, precisely can black seed do for the heart and circulatory system? Like other monounsaturated-rich oils it is an invaluable fuel source for the heart muscle. The fuels are in the form of both monounsaturated oils and saturated fats as well as cholesterol-like plant sterols. As a muscle pump the heart must constantly be fueled, and fatty acids within black seed are efficient fuel sources, providing a higher density of calories per gram than carbohydrates. Furthermore, the aromatic oils in nigella seed, including that all-important phenolic compound thymoquinone, are directly medicinal to the heart muscle as well as its nerves. They also act specifically on the brain centers, which manage heart function. Here, these aromatic compounds have been demonstrated to help calm, that is normalize, heart rate. Additionally, these aromatic/phenolic compounds have a positive action on the coronary arteries, preventing arterial spasm and, therefore, reducing the risk for sudden, potentially fatal heart attacks.

As mentioned, it is now known that, as well, thymoquinone and other volatile oil components act beyond merely the heart muscle alone. In regulating cardiac function these aromatic compounds act directly via the most central of all mechanisms: on the brain and brain stem themselves. Thus, the black seed active ingredients help balance disturbances within the brain matter, and it is through this mechanism that its powers in reversing heart rhythm disturbances, arterial aneurysms, and hypertension are largely explained.

A rather complete summary of a litany of beneficial actions of nigella seed for the cardiovascular system is as follows:

- causes a calming of the cardiac nerve centers, leading to a reduction in heart rate
- reduces spasticity within arterial linings, enhancing blood flow
- blocks coronary arterial spasm thus reducing heart attack risk
- causes a significant reduction in blood pressure, especially when combined with crude cold-pressed sesame oil
- helps activate the thyroid gland, which reduces the degree of strain and stress on the heart muscle
- helps normalize homocysteine levels
- aids in purging plaque from the arteries, improving arterial flexibility, and, thus, preventing arterial degeneration
- helps lower excessive cholesterol and triglyceride levels

Rather than mere speculation and/or untested ancient knowledge these powers have been confirmed in a number of scientific studies, animal as well as human. In one investigation the treatment of rats with black seed powder mixed into the feed led to “significant protection against methionine-induced...homocysteinemia;” in other words, it blocked the production of excess levels of homocysteine in the blood, a precursor to syndrome X. This caused the investigators to conclude that nigella seed may have a preventive role in hardening of the arteries and other serious arterial disorders, including coronary artery disease.

Coronary artery disease

A plague of modern humanity this condition is often a consequence of a chronic state of syndrome X. It may also be related to deep-seated infection, notoriously by bacteria and/or fungi. Erroneous and/or destructive diet is a major factor, particularly the excessive intake of refined sugar and/or alcoholic beverages. Additionally, psychic stress is a major factor and can, outright, lead to this disease.

Despite popular belief saturated fat is not a major cause of coronary artery disease. However, one fat that is destructive is lard, that is pork-fat, as well as pork flesh, in general. As well, pork contains a number of parasites capable of attacking the heart muscle, causing vast inflammation and degeneration. In some cases this is so severe that it leads to sudden death. Additionally, is far more damaging and is directly associated with a high incidence of a wide range of cardiovascular syndromes. Hydrogenated oil and partially hydrogenated oil is even more corrupt, although exposure to this in the food supply is more limited today than previously. Even so, consumption of these deadly fats must be strictly curtailed in order to prevent cardiovascular damage.

The fats of black seed have the opposite effect, dramatically bolstering cardiac health. The greatest power, though, is via daily consumption. To protect the heart and arteries black seed oil should be consumed routinely, at least a teaspoonful daily, along with the intake of the pulverized seeds. Another ideal natural medicine for cardiovascular health is the high-absorption mycellized black seed drops with mycellized oregano oil and organic yacon syrup.

Treatment protocol

- oil of black seed: tsp. or more twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- mycellized black seed oil with wild oregano oil: 40 or more drops daily
- oil of wild oregano as a germicidal agent to purge pathogens from the coronary arteries, the heart muscle, and the local lymphatic tissue: five or more drops twice daily
- juice or essence of black seed, mycellized liquid: two T. daily

High blood pressure

High blood pressure, known medically as hypertension, is the plague of modern civilization. While it is little known the condition is directly related to diet, particularly the excessive consumption of refined carbohydrates. Such refined complexes cause great inflammation in the body while also causing the depletion of key nutrients needed for normalization of blood pressure, including minerals and B vitamins. In the cause of high blood pressure the most poisonous processed food of all is refined sugar. The fact is the frequent consumption of this potentially deadly poison is a primary cause of hypertension and other diseases. Another major causative factor is alcohol, including red wine. The daily use of alcoholic beverages can readily lead to this syndrome. However, hard liquor is the most aggressive alcohol-based toxin, which causes this disease.

Black seed and its expressed oil are dependable remedies for reversing this condition. Though it was known over a thousand years ago, in modern medicine the role of

black seed in reversing hypertension was first reported in 1962 by Mahfouz and his group. Thus, it was discovered that the volatile oil in rather modest amounts caused a significant decrease in blood pressure. This was followed by work in 1994 by El-Taher and colleagues. It was found, once again, that in small doses black seed oil's volatile oil complex decreased blood pressure in experimental animals, in this case both in rats and guinea pigs. The effect was enhanced even further by increasing the dosage.

While it is true that black seed and the oil of black seed feed the heart, this does not appear to be the main mechanism of action. Through specialized techniques it has been discovered that nigella acts primarily on the brain, specifically in the brain stem. Through the use of various experimental methods, including blocking the neuronal receptor sites with drugs, it was discovered that the cardiovascular depressant actions, such as the ones responsible for reducing heart rate, are mediated centrally within the brain. This is especially prevalent in the primitive area known as the brain stem. Specifically, the black seed components thus act as neurotransmitters, stimulating the flow of nerve impulses, which are responsible for normalizing and, in fact, vitalizing cardiac function. This is a monumental finding, which indicates that the regular use of black seed could well prevent stress-induced cardiac disorders, including blood clots, stroke, and heart attacks.

Treatment protocol

- oil of black seed: T. or more twice daily; for stubborn cases increase the dose to two T. twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily

- blood pressure-controlling capsules with wild chaga, hibiscus powder, hawthorne berry extract, and red sour grape powder: two or more capsules twice daily
- mycellized black seed oil with wild oregano oil: 40 or more drops daily

Blood clotting and coagulation disorders

Stress and wrong diet, including the excessive consumption of refined sugar and alcohol, are major factors in cardiac disorders. One arena where this is clearly the case is in blood clotting abnormalities. With prolonged psychic stress the blood becomes stickier than normal. This is certainly also the consequence of refined sugar consumption as well as the excessive intake of alcoholic beverages. A high degree of blood stickiness or reactive platelet aggregation increases the risks for stroke and heart attacks. In all cases of blood clotting and coagulation disorders black seed is an adjunctive therapy. Studies have shown that extracts of the seed help improve and/or normalize blood clotting through a number of mechanisms. One such mechanism is by modulating the function of the cells which line the arteries, that is the endothelial cells. Yet, nigella seed also increases the metabolic activity of these cells while also increasing their ability to lyse, that is break up, coagulated blood. As well, these lining cells tend to accumulate less cholesterol on black seed therapy. Simply put, when black seed components are within the bloodstream, then, the formation of blood clots is blocked.

Platelet dysfunction is a major factor in excessive blood clotting. Black seed and its expressed oil act upon specific

metabolic elements of platelets, notably arachidonic acid-induced platelet aggregation, reducing this by up to 90%. The anti-platelet aggregation action was found to be due to the aromatic, highly biologically active components. These components include thymoquinone, thymol, and carvacrol. This is why for all those vulnerable to cardiovascular diseases, particularly blood clots, coronary artery syndromes, and stroke, it is crucial to consume high quality black seed supplements and/or black seed oil, rich in these active ingredients.

Treatment protocol

- oil of black seed: tsp. or more daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- oil of wild oregano as a germicidal agent to purge pathogens from the blood and lymphatic system: five or more drops twice daily

Hardening of the arteries (atherosclerosis)

Hardening of the arteries is a degenerative disease that afflicts primarily modern humans, that is those living in the Western world. It is diet-related but is also related to various other lifestyle habits, including excessive alcohol consumption, sedentary existence, and exposure to noxious chemicals. In this condition the normally elastic or pliable arteries become encrusted and stiffened, which increases the risks for heart attacks and strokes as well as neurodegenerative diseases. Within the arteries themselves are lesions caused by the overgrowth of irritated, damaged arterial cells, known as atheromas.

Nigella sativa offers a numbers of powers for combating this condition. Its powerful essential oils block atheroma development, causing programmed cell death or apoptosis in these lesions. Yet another mechanism is its ability to improve the lipid profile, normalizing excessive cholesterol synthesis, while also raising levels of the all-important HDL cholesterol. Regarding the latter in one animal study where lipid profile disruptions were induced ingestion of black seed extract “significantly increased” levels of this protective form of cholesterol, while also dramatically reducing excessive triglyceride levels. The extract also reduced excessive LDL cholesterol levels. All this was determined to be a direct action of the black seed active ingredients on liver enzyme activity. Two major components in nigella seed offering this effect were linoleic acid and palmitic acid, which proved to be more potent in regulating blood lipids than thymoquinone. This is a curious action of fatty acids essentially controlling fat and cholesterol metabolism. Even so, regarding the arterial walls thymoquinone is crucial, since it blocks the oxidative damage that leads to arterial degeneration.

Pomegranate concentrate, as well as the freshly expressed juice, also prevents arterial degeneration. In fact, in a concentrate form, such as found in high-quality, Mediterranean pomegranate syrup, it actually reverses such degeneration, essentially purging arterial plaque. The same is true of red sour grape concentrate and *Rhus coriaria*. All these should be consumed in an optimally powerful atherosclerosis reversal plan.

Treatment protocol

- oil of black seed: tsp. or more twice daily, ideally combined with Mediterranean pomegranate extract, that is PomaMax,

the latter being consumed in a dosage of two T. daily

- pulverized black seed with red sour grape and *Rhus coriaria*: three or more capsules twice daily
- fatty sockeye salmon oil rich in omega 3s, astaxanthin, vitamin A, and vitamin D: three or more capsules twice daily or as the liquid, one T. daily
- mycellized black seed oil with wild oregano oil: 40 or more drops daily
- juice or essence of black seed, mycellized liquid: two T. daily

Cardiac cell membrane regeneration

The heart is constantly under siege from its crucial role for maintenance of the organism. This is via its function as a continuous, never-resting muscle pump. The main issue is the need for constant regeneration, namely of the cardiac muscle cells and their cell membranes. In this regard black seed is the most optimal therapy. This is largely because of its exceedingly rich density in cell membrane-rebuilding components, known as plant sterols. The plant sterols are, essentially, waxes which are used to build and rebuild cellular membranes. Like carnauba wax for preserving cars these waxes protect the living components from toxicity, breakdown, and degeneration. The heart is one of the waxiest organs in the body, which makes sense, as being a muscle pump it needs this lubrication and protection from break-down. A constant supply of waxes in the form of plant sterols is an efficient means of keeping this muscle pump in optimal health. Think of black seed and its expressed oil as natural wax-like supplements needed to, essentially, lubricate, coat, and protect the entire cardiovascular system, once again, demonstrating the immense value of daily and/or regular use. The Prophet

himself said it, which was to use the spice “regularly.” Intuitively, he realized, this would protect the people from premature death as a result of heart disease-related syndromes.

The waxy components of black seed are far more significant than typically realized. These natural waxes protect the seed from oxidation and degeneration and may explain the exceedingly long shelf life of this spice. Just as they do for the seed, so do they also achieve this for cardiac cells, as well as the cells which line the arterial system, protecting them from oxidative damage as well as general break-down. There are countless billions of these cells, all benefitting from the black seed-based waxy sterols.

In this regard the stresses on the cardiovascular system must be considered. Surely, those stresses are unique as well as extensive, all as a result of blood flow dynamics. Essentially, the heart is being continuously challenged in order to efficiently pump the blood throughout the body. Beating at some 70 times per minute it must contract 4200 times per hour or an incredible 100,000 times per day. That amounts to an astounding 365,000,000 contractions in a year, and who knows the amount in a full lifetime. Then, too, the arteries must deal with this, coursing the blood but also expanding and contracting. Moreover, there are some 60,000 miles of such arteries plus veins in the body, all of which are in need of continuous repair and regeneration. Now, it becomes clear how important it is to protect these organ systems from these stressors. It is the waxy components, the sterols, as well as steroids, that do this. This is how the body operates. No wonder it’s so crucial to consume black seed and its extracts on a regular basis.

The main wax used to strengthen the heart and arteries is cholesterol itself, which is synthesized in vast quantities within the liver. One reason this substance is found within the arteries is because of its strengthening effect. It is not laid down merely as a toxin or simply to ‘clog’ arteries. Rather, it is embedded into the arterial walls in order to repair these organs after they are distressed and/or break down. In fact, cholesterol is the main reparative agent for cell membranes. This is why it is synthesized in large amounts in the human liver.

Normally, the body makes the equivalent of two dozen egg yolks’ worth daily. Moreover, it is dangerous to deny the body cholesterol. In fact, the risk for sudden, fatal heart attack is more closely associated with those having exceedingly low blood cholesterol levels than in those with modestly high levels. So, too, is there a higher risk of cancer, that is in those with lower levels. For instance, in the U.S. a cholesterol level below 140 is associated with a three-fold increased risk of cancer development. Cholesterol has a protective function, and when it is too low, cell membranes are at risk. Black seed has its own form of cholesterol in the plant matrix, mainly beta sitosterol plus also stigmasterol. It is fully proven that such sterols are heart- and artery-protective. Moreover, these sterols are found in the so-called fixed oil fraction within the seed. This fraction is largely lost during oil processing, although a portion of it does end up in the cold-pressed oil. This is why it is essential to consume not only the expressed oil but also the whole seeds, either as a food or in food supplements.

The role of fatty waxes cannot be overemphasized. These waxes, also known as lipids, are needed by all cells.

They make the cells resilient to breakdown and/or damage. Consider the scope of the human body. The number of cells within it are vast, countless trillions of them. Each of these cells consists of lipid components, which are building blocks of the cell membranes. These complex chemical compounds are, essentially, the structural backbone of the highly complex cellular membranes. In this regard it must be remembered that the cells are three dimensional structures. So, all around these dimensions there must be embedded in place lipid molecules. In each cell outer coating there are countless millions of them. That is why they are called “lipid membranes.” Yet, to maintain these membranes it is necessary to consume sufficient amounts of lipids, both as animal sources and the various plant sterols. There is a difference in the fact that the animal types, known as steroids, are most readily utilized. They are in the optimal condition and structure for efficient, immediate use within cell membranes. The plant types often must undergo modification to be utilized. Top sources of animal-source waxes and steroids are as follows:

- egg yolks
- organ meats
- fatty fish oil, particularly fatty salmon oil from the heads of sockeye salmon
- mariah or burbot liver oil (www.cassingram.com)
- fish roe
- sardines
- grass-fed meat
- skin of poultry
- whole, organic or grass-fed milk

- whole, organic or grass-fed cheese
- grass-fed or organic butter
- whole food yogurt, quark, and/or kefir
- fat-rich cold-water fish
- seafood

Plant sources of waxes are even more extensive and include, in particular, nuts, seeds, and roots as well as fungi, nutritional yeast, and mushrooms. Once again, the living organisms must synthesize sterol molecules as a basis of their structures and also for resilience. Top plant sources of biologically active sterols include the following:

- saw palmetto berry
- juniper berry
- dandelion root
- black seed
- fennel and cumin seeds
- sesame seeds
- sunflower seeds
- peanuts
- cashews
- almonds
- filberts
- hickory nuts
- pecans
- pistachios
- macadamia nuts
- chaga mushroom
- reishi, maitake, and turkey tail mushroom
- pine nuts

The consumption of a number of these foods has been clearly associated with a reduction in risk for cardiovascular diseases. Clearly, this is largely a consequence of their rich content of either steroids or, more correctly, sterols. The steroids, in particular, have been erroneously demonized. The fact is the consumption of steroid-rich foods is actually health-giving. Furthermore, it is not associated with an increased cardiovascular risk, the caveat being that these foods be in their natural, whole state, like whole, organic eggs and unprocessed, natural cheese or yogurt. For instance, now, cardiologists frequently recommend that people consume eggs, though they keep the quantity somewhat low, like one per day. As well, it is common for practitioners, today, to not entirely dissuade heart patients from meat and poultry, and, certainly, fatty fish is fully on the menu.

Even so, an unhealthy heart, as well as diseased arteries, often has a more basic cause than most people realize. This is the failure to provide this muscle with all the nutrients it needs for its efficient, proper function. This includes the all-important fuel fats it requires for cellular metabolism. The rich content of omega 6s and omega 9s in nigella seed oil precisely fills this need, while the plant sterols offer the critical role of reinforcing the elasticity of both the heart and blood vessel walls, while also aiding in maintaining the integrity of the outer membranes of cardiac cells.

Enhanced elasticity is a major issue. Consider the danger of a lack of this elasticity. This is stiffness and, essentially, arterial and cardiac corrosion. This corrupt state increases greatly the risks for that dangerous circumstance of clot formation, known medically as a thrombus. As has been stated previously this is also the main factor responsible for hypertension. Thus, all that is possible must be done to

prevent this corrosive stiffening, including the regular intake of sterol-rich black seed oil and the crushed, pulverized seed, either in capsules or as the whole seed complex.

Exercise is also crucial for prevention. A sedentary life is directly associated with an increased risk for a wide range of cardiovascular conditions. Movement is the opposite of degeneration. Let the health-minded person take this to heart, no pun intended, and do all that is possible to keep mobile and active. A regular exercise regimen has a great power to block age-associated cardiovascular decline, including the minimization and prevention of arterial corrosion.

Chapter Five

The Gastrointestinal System

Disorders of the gastrointestinal system are among the most common of all ailments afflicting the human race. The number of such conditions is exceedingly high with all areas of the gut being affected. Just why the gut is so vulnerable to diseases and syndromes is readily comprehended. It is constantly being stressed by human excesses such as the continuous or excessive consumption of food and beverages. The fact is over-eating and over-drinking are the major causes of gastrointestinal disorders. Then, too, there is the intake of what are, essentially, noxious poisons. Whether via food or drink this is a most common factor. These toxic elements are rife in the modern diet and are virtually too extensive to mention. Even so, a relatively comprehensive list of the main dietary toxins responsible for disorders of the gut and far more is as follows:

- alcoholic beverages
- nicotine-based toxins, that is cigarettes, cigars, pipe smoking, and chewing tobacco
- aspartame
- pharmaceutical, that is prescription, drugs
- acetaminophen

- aspirin
- non-steroidal antiinflammatory agents
- refined/processed sugar
- refined vegetable oils
- partially hydrogenated oils
- fluoridated and/or chlorinated water
- sucralose
- tartrazine (Yellow Dye #5)
- brominated vegetable oils
- genetically engineered foods, as follows: beet sugar, canola, soy, corn, cottonseed, crooked yellow neck squash, green zucchini (some)
- synthetic, coal tar-based vitamins
- petrochemical-based vitamins
- allergenic foods, including commercial wheat, soy, corn, canola, and dairy

The ingestion of all such toxins in the Western world is common, especially in the United States, Mexico, Europe, and Canada. Thus, clearly, poisoning of the gastrointestinal tract is ultra-common and surely accounts for the virtual pandemic of gut-related disorders. A partial list of the primary digestive disorders which are predominant and which are directly related to erroneous diet includes the following:

- esophagitis
- esophageal cancer
- GERD (gastroesophageal reflux)
- gastritis
- gastric or duodenal ulcer
- *Helicobacter pylori* infection
- stomach cancer

- leaky gut syndrome
- gallbladder disorders
- gallstones
- liver disorders, including hepatitis and fatty liver
- colitis and/or spastic colon
- ulcerative colitis
- Crohn's disease
- pancreatitis
- pancreatic cancer
- fatty liver
- hepatitis
- Gilbert's disease/jaundice
- liver parasites
- intestinal parasites
- hemorrhoids
- diverticulitis
- rectal fissure
- rectal cancer
- colon cancer and/or colonic polyps

Of note, all such conditions are responsive to black seed therapy. In particular, black seed is invaluable for the entire gastrointestinal tract, as the whole lining greatly benefits from its consumption. There are also the issues of diarrhea and chronic constipation as well as stomachache and abdominal bloating. Gut floral imbalances are yet another syndrome, as is low stomach acid production, known as hypochlorhydria. The full list of all the various digestive conditions and disorders is seemingly endless, but the good news is that black seed oil and the whole, pulverized seed are effective natural medicines against such syndromes.

It is in the digestive tract where black seed and its expressed oil have their most dominating powers. This makes sense. After all, the seed is a carminative agent, which in herbal medicine signifies the ability to calm, relax, and soothe. Even so, it is a stimulant, meaning that it improves the flow of healthy, vitalizing digestive juices. It is also cholagogue, which demonstrates its ability to induce the formation and flow of that all-important digestive juice, bile.

The seed components have also been found to protect the stomach from direct toxicity, in this case from drugs. Administration of a water-based extract of the seeds to rats intoxicated by aspirin, where the drug caused damage to the stomach wall, significantly reduced toxicity, halting excessive acid output. In this regard nigella extract reduced the occurrence of excess stomach acid-induced gastric ulcers in this model.

Black seed and its expressed oil have significant protective actions on all the digestive organs. Regular intake prevents these organs from degenerating or from suffering toxin-induced corruptions. The organs which are readily protected include the esophagus, stomach, small intestine, pancreas, gallbladder, liver, and colon. Black seed even has beneficial actions on the rectum. Furthermore, the gut begins with the mouth and here, too, black seed and, particularly, its extracted oil are beneficial, preventing degeneration of the gums and the teeth. This is largely through the use of the oil as a toxin-pulling agent.

The stomach in general

Regarding the health of the stomach and esophageal region black seed has overall beneficial actions. The fact is it is a potent gastric stimulant, meaning it enhances the synthesis

and flow of all-important gastric juices and substances, including hydrochloric acid and gastrin. It is this acid which is also essential for both stomach acid secretion and protein digestion.

All types of black seed, including the whole seed and the oil itself, promote optimal gastric health, while combating inflammation in the stomach lining. Nigella seed and its key constituent, thymoquinone, possess a high degree of protective powers for the stomach lining, blocking the occurrence of gastric lesions, including stomach ulcers. Both the seed and the expressed oil have a strong capacity to soothe the stomach wall, aiding in the healing of inflammation and ulcers. As well, while it stimulates healthy digestion it also has the capacity to quell excessive acid production. Simultaneously, black seed showed the incredible capacity to increase mucin production, the latter being highly protective against stomach wall inflammation. Further, it increases levels of glutathione within the cells of the stomach lining, while causing a significant decrease in mucous membrane histamine levels. This means that black seed helps prevent toxic and allergic reactions within the stomach and esophageal region thus decreasing the typical associated symptoms such as belching, gas, heartburn, and spasms.

Toxins, such as aspirin, alcohol, and indomethacin, cause the release of pro-inflammatory molecules within the gastric membranes, resulting in direct toxicity to the stomach wall. This leads to inflammatory gastritis as well as, ultimately, ulcers. El-Tahir and his group showed that black seed induced protection against alcohol- and aspirin-induced ulcerations, also blocking indomethacin toxicity of this organ.

GERD and heartburn

The calming actions of black seed and its oil on the stomach and esophageal region are significant. In all cases of GERD and heartburn both the seed and the oil will prove beneficial. Regular intake of black seed helps normalize gut function, while boosting and balancing digestion.

One of the major causes of chronic heartburn and generalized gastric distress is infestation of the stomach by the bacteria, *H. pylori*. Both the seed and its oil inhibit the growth of this germ. The efficacy of black seed versus *H. pylori* is enhanced through the intake of oil of wild oregano. In fact, as a rule all spices, including cayenne and turmeric, are stomach-healthy.

In particular, black seed has a soothing action on the stomach, being an ideal therapeutic for gastric spasms and stomachache. As well, it calms the esophagus, essentially preventing esophageal spasms and irritability. The liver is also a major beneficiary. Black seed and its expressed oil act aggressively and thoroughly upon this organ. One of its main actions is to increase the production of that all-important liver secretion, bile. Poor output of bile plays a role in GERD and heartburn, that is gastric syndromes may be directly related to failed liver function.

Treatment protocol

- capsules containing pulverized black seed, along with brown cumin seed powder and red sour grape: two capsules multiple times daily
- oil of black seed, freshly cold-pressed, high naturally occurring thymoquinone: one or more tsp. three times daily

- mycellized black seed oil with wild oregano oil: 20 or more drops twice daily
- aqueous extract of black seed: T. or more twice daily
- edible, daily use oil of wild oregano: two to five drops twice daily, taken at the same time as black seed oil

Liver disorders

Black seed is an essential natural medicine for liver health. In medical circles it is known as a hepatoprotective agent, which means it offers a most novel function, that is it protects liver tissue from toxic assaults, while also preventing age-related degeneration. For this reason alone people at-large should consume it, although regarding the expressed oil they must be sure to use only the highest grade, freshly cold-pressed type, untainted by additives or dilutents. Black seed is a most sophisticated natural medicine for the liver, as it acts on all aspects of this organ, for instance, enhancement of the synthesis and flow of bile, boosting the organ's internal immune system, increasing liver cells' antioxidant defenses, and bolstering the metabolic activity within hepatic cells. Taken daily, it helps maintain the health of liver cells, aiding in the purging from them of metabolic poisons, while also protecting hepatocytes from damage by toxic chemicals.

This is a major benefit. The precise purpose of the liver is to act as a biological sieve, a living, vital filtration system, which traps and then detoxifies all manner of potentially harmful and even deadly poisons.

Additionally, black seed decreases the stress on this organ by inducing a state of balance in the associated organ system, the pancreas. This is through the enhancement of

insulin production and metabolism, which helps conserve liver activity, since this organ is the back-up system for blood sugar metabolism. In all liver disorders it must be relied upon as a premier therapy, including all types of hepatitis. A list of the liver disorders for which black seed and its expressed oil are effective include:

- chemical hepatitis
- infective hepatitis
- liver stones
- liver cysts
- fatty liver
- jaundice
- Gilbert's disease
- early cirrhosis

To treat such disorders the black seed oil should be combined with capsules of the pulverized seed, along with brown cumin seed and red sour grape. Additionally, for hepatitis, liver cysts, hepatic abscesses, and parasitic infestation of the liver the total body purging agent should be consumed, an ounce or more daily. As well, it may be necessary to take black seed as sublingual drops in a mycellized form of ready absorption, combined with mycellized oregano oil.

The actual seed is rich in a variety of novel proteins which are hepatoprotective. Administration of the seeds or their water extract have been found to protect the liver from liver cell damage caused by the highly noxious chemical, carbon tetrachloride, where there is a significant decrease in both serum and tissue levels of the inflammatory markers, cytokines. Treatment with the water extract led to a

reduction in tumor necrosis factor alpha, interferon, and interleukin-beta as well as bilirubin and liver enzyme markers. These are highly significant results and is proof of great protective actions within the seed mass itself.

Markers of oxidative stress were reduced, including a decrease in malondialdehyde (MDA) and glutathione (GSH) content. In this study the aqueous extract was fractionated into its various components: protein complex, saponins, and polyphenol in order to identify the component(s) responsible for activity. It was the protein fraction, exclusive to the aqueous extract, that demonstrated the most significant activity in this regard.

Hepatitis and jaundice

Maintenance of liver health is one of the main powers of black seed and its expressed oil. Regarding hepatitis, it has a number of causes, with infection being the primary factor. The two main categories of pathogens which cause this syndrome are viruses and parasites. Another major cause is chemical exposure, where the condition is appropriately known as chemical hepatitis. There is also alcoholic hepatitis, which is merely another form of chemical injury. Yet, regarding this type of liver damage it is pharmaceutical drugs which are the key perpetrators. It is not just the prescription kind. Over-the-counter drugs, notably acetaminophen, play a major role in the rising incidence of this condition. For instance, Tylenol and/or generic versions of this drug are responsible for up to one million cases of chemical hepatitis yearly, some of which are so severe as to necessitate liver transplant. However, in terms of the total number of chemically induced liver disease sufferers most destructive of all is alcohol. Causing extensive damage to

the liver substance, world-wide, it is the main cause of chemical hepatitis. Regarding prescription drugs the antibiotic erythromycin is an instigator, as are a number of other potentially noxious agents, like the standard chemotherapeutic drugs, methotrexate, cisplatin, and Cytoxan. Black seed and its expressed oil are dependable remedies for liver disorders, including all forms of chemical hepatitis.

Curiously, nigella seed was relied upon in antiquity as a cure for jaundice, and even in modern times in the Middle East it is the most reliable plant medicine for this condition. The mechanism is now known. Black seed active ingredients actually bind to bilirubin, causing it to be purged from the body.

Regarding infectious hepatitis there is significant evidence of black seed's utility. In an Egyptian study published in the *World Journal of Gastroenterology* of some 35 cases the administration of black seed oil in capsule form led to measurable improvement, with a reduction in viral load, improved blood sugar control, and a minimization of liver tissue oxidative stress.

Treatment protocol

- high-grade, aromatic, cold-pressed oil of black seed: 2 T. twice daily
- crushed black seed capsules with brown cumin seed powder and red sour grape: two or more capsules two or three times daily
- aqueous extract of black seed: half ounce twice daily
- mycellized black seed with wild oregano and yacon: 40 or more drops twice daily

- juice or essence of black seed oil, mycellized: one or two T. daily
- oil of wild oregano (as an antiviral agent): 10 to 20 drops twice daily and in extreme cases, 40 or more drops twice daily

Pancreatitis

Black seed and its oil have, as has been established, highly calming effects on the gastrointestinal tract. This includes a similar action on the pancreas. Pancreatitis is a severe condition which involves inflammation of the pancreas. That inflammation can be caused by infection, including infestation of the head of this organ by intestinal flukes. Here, black seed oil reigns supreme, as it helps purge such flukes from the body. It works in a superior fashion when combined with wild oregano essence, that is the wild oregano hydrosol. The seed itself is a potent remedy for pancreatic conditions, including pancreatitis, especially when combined with brown cumin seed powder and red sour grape powder, in this case in the form of Black Seed-Plus capsules and also the mycellized black seed-wild oregano complex. Of note, the mycellized complex requires no digestion and, thus, is ideal for this condition, being gentle on this organ.

In addition, a water extract is an ideal supplement for this condition and can be taken routinely until the pancreatic inflammation is resolved. Yet another invaluable remedy for this condition is the juice or essence of wild oregano as well as the oil of oregano itself. These natural medicines aid in the purging of parasites within the pancreas, while also destroying noxious fungi such as candida. The aromatic water/juice of wild oregano is a powerful natural medicine for

pancreatic health and helps stabilize this organ, even aiding in the balancing of blood sugar levels. As well, aromatic water of turmeric is recommended, as this, too, blocks pancreatic inflammation, putting the condition into remission.

Regardless of the degree of pain and/or inflammation associated with pancreatitis black seed is a remedy of choice. It can never do any harm and, rather, only can offer good. Thus, it can be used with gusto to relieve all the symptoms of this condition, while also offering great powers for prevention and for the overall health of this organ.

Treatment protocol

- high-grade, aromatic, cold-pressed oil of black seed: 2 T. twice daily
- crushed black seed capsules with brown cumin seed powder and red sour grape: two or more capsules two or three times daily
- mycellized black seed with wild oregano and yacon: 40 or more drops twice daily
- Essence of wild oregano, that is wild oregano aromatic juice or water: one or more T. twice daily; for extreme cases double or triple this dose
- juice or essence of black seed oil, mycellized: one or two T. daily
- high-quality turmeric powder made from organic, wild turmeric: tsp. twice daily as a spice or in turmeric/golden milk
- aromatic water/juice of turmeric, certified organic: T. twice daily

Excessive gas

Among the most effective arenas for black seed is calming and relaxing the digestive canal. This could be no more the case in relationship to excessive gas, whether in the

stomach, that is trapped gas and/or belching, or as flatulence. Both the seed and the whole food, expressed oil are effective in this regard, the seed's powers being boosted by the addition of brown cumin, red sour grape, and *Rhus coriaria*, all of which are digestive tonics. Excessive gas formation is a sign of maldigestion and also the overgrowth of noxious germs, both of which are reversed through the regular intake of black seed supplements. In fact, for any type of gaseous situation the intake of black seed, that is the seed itself and the cold-pressed oil, is an absolute cure.

Treatment protocol

- pulverized black seed with brown cumin and red sour grape: two capsules twice daily or with each meal
- oil of black seed: tsp. two or three times daily
- mycellized black seed with wild oregano and yacon: 40 or more drops twice daily

Hemorrhoids

A notoriously difficult condition to treat black seed is one of a number of essential therapies for this condition. Hemorrhoids are often painful and surely distressing. It is a most uncomfortable feeling enduring the sensation of rectal tissue protruding from the anus. The bleeding can be considerable and on occasion leads to mild anemia. Yet, how does black seed resolve this? Its main mechanism of action is to improve the output of bile, which aids in softening the stool and also increases its bulk/size. This helps prevent constipation and the resulting congestion of the rectal area thus reducing the

pressure on hemorrhoidal veins. As well, the rich content of plant sterols acts as fuel for the probiotic bacteria, increasing their numbers dramatically, which also influences the bulk of the stool. Yet another power relates to its decongesting and antiinflammatory actions. In fact, to soothe irritated hemorrhoidal tissue the oil can be directly applied. Black seed and its expressed oil are also potent antiparasitics, and congestion of the colon by parasitic overload commonly results in hemorrhoids. This condition is also associated with congestion of the liver, against which black seed is highly effective. For best results both the powdered seeds and the oil must be consumed. At a minimum black seed will help stabilize this condition, preventing it from worsening. For optimal action the oil of black seed should be combined with whole food, unprocessed turmeric root extract. Using the sublingual drops the two can be mixed together, about 40 to 80 drops in a teaspoonful or two of black seed oil and taken simultaneously.

The powers of black seed for this condition can be aided by still other natural medicines such as whole food vitamin C complex, known as Purely-C. Both vitamin C and bioflavonoids are needed to rebuild and strengthen hemorrhoidal veins. Another curious natural support is red raspberry leaf plus root extract, concentrated in a natural honey base. Rich in astringent tannic acid compounds this root/leaf extract, known as RaspaSyrup, is a potent support for swollen, irritated hemorrhoids. Available only on the internet in small supplies it can be found on the website www.cassingram.com and also www.americanwildfoods.com. This syrup is best combined with black seed oil therapy, along with the intake of a fiber supplement. High-quality

fiber supplements aid in the reversal of hemorrhoids by increase the bulk of the stool and, thus, decreasing straining.

Even so, often, black seed alone will reverse this condition. Its major power relates to decreasing inflammation in swollen, sore, congested hemorrhoidal tissue, while also easing the elimination of stool. Thus, in all cases it should be prescribed as a front-line therapy.

Treatment protocol

- powdered black seeds in a coconut oil base: apply to the hemorrhoidal area at night to soothe and shrink hemorrhoidal tissue
- oil of black seed: two tsp. twice daily or in extreme cases, one T. twice daily; also may be applied topically
- wild raspberry root/leaf syrup: one or more T. daily (only available via www.cassingram.com and/or www.americanwildfoods.com)

Gallstones

In the Western world, today, gallstones are a major cause of ill health. A heavy load of such stones is a common cause of extreme gallbladder attacks, which may necessitate emergency surgery. Yet, are these stones essentially a sign of deficiency of aromatic spice intake? The fact is the regular ingestion of black seed oil, as well as whole seed extracts, prevents gallstone formation. Moreover, the aggressive intake of black seed oil is a certain means to minimize pain and inflammation from gallbladder attacks, while also categorically purging the stones. Additionally, black seed oil-based total body purging agent is a potent anti-gallstone remedy. The formula, which also contains wild, raw nettle,

burdock, and dandelion extracts, is one of the most effective gallstone purging complexes known and is capable of purging dozens, if not hundreds, of stones from this organ. It also helps dissolve these stones, as does black seed oil in general. Note: the gallstone purging program works best on a high-fat diet, since dietary fat aids in the synthesis of bile pigments.

Treatment protocol

- oil of black seed: one or two T. twice daily; for extreme cases the dose can be increased to up to three T. twice daily
- total body purging agent: two or more T. twice daily on an empty stomach or with meals
- aqueous extract of black seed: ounce twice daily
- black seed oil gelcaps with extracts of fennel and cumin seed: two or more capsules twice daily
- juice or essence of black seed oil, mycellized: one or two T. daily

Chapter Six

Immunity and Antiseptic Power

The human immune system is a major beneficiary of black seed therapy. The seed and the cold-pressed oil have immune potentiating capacities. As well, black seed contains a number of germicides, including carvacrol and thymol, capable of directly destroying pathogens. Regarding direct action on immune function black seed has a number of attributes. A bone marrow stimulant, it has the rare capacity to boost the synthesis of new white blood cells. This makes it an ideal natural medicine for all manner of immunological disorders, including, of course, low white count or neutropenia. Specialized compounds, thymoquinone and thymohydroquinone, have been shown to have significant immune potentiating capacities. In particular, these compounds have demonstrated the capacity to enhance the immune response against pathogens, turning white blood cells into efficient germ-killing machines while also preventing oxidative damage to the cells' membranes.

In a number of human trials black seed oil has demonstrated impressive immunological powers. In one such trial those who took the oil regularly, as well as the

whole food seed powder, showed significantly stronger immune systems compared to controls. White blood cell activity was enhanced, as was the immune response to toxic exposure. This gives substance to the value of the daily use of black seed supplements as well as the whole food/seed form. A number of other studies have also demonstrated a tonic or protective action of both the seeds and their oil for immune stress, for instance, in maintaining immune system health for cancer patients undergoing radiation treatment.

Regarding the immune system claims have virtually been approved, in this case, by the FDA itself. Notes D.A.S. Hussein in *Advancement in Medicinal Plant Research* because of the density of its nutrients this agency recommends that black seed be used as an immune stimulant, filing a patent, spring, 1996, for use of its extracts “for treating cancer” and for also “preventing the side effects of anticancer chemotherapy...” The FDA also listed it in its now approved patent as a means for “increasing immune functions in humans.” Obviously, the so-called federal government is seeking nothing other than to profit from this miraculous complex. Regardless, no one needs the agency’s approval to realize this. God almighty Himself has made this abundantly clear, mentioning it in the Old Testament, while urging his Messenger to disseminate this throughout the world.

As well, black seed oil has been demonstrated to have germ-killing powers. In particular, it has been found to be active against pseudomonas and salmonella. However, it takes a considerable concentration of black seed active ingredients to achieve this effect. Wild oregano oil is far more potent, comparatively, as a germ-killer. This is why

black seed formulas containing this germicidal powerhouse are ideal, for instance, Oil of Black Seed 12 ounce bottle with Oreganol P73, the black seed oil gelcaps with wild oregano and cumin seed oil, both of which are potent germ killers, and the mycellized black seed oil drops with raw, organic yacon syrup and mycellized oil of oregano.

Autoimmune disorders

There is no contraindication for the intake of black seed in autoimmune disorders. Typically, people with such disorders suffer consternation at the thought of ingesting immune boosters. This is because of the misguided thinking that immune activators will worsen their conditions. The fact is virtually all autoimmune conditions are caused by infection. Thus, the term is a misnomer at best and is, in fact, highly misleading. The immune system is not attacking itself. Rather, it is attempting to attack and purge noxious invaders as well as to cleanse irritating toxins. This is the immune system's job. Thus, enhancing immune function is precisely the treatment of choice for all autoimmune conditions. A partial list of such conditions is as follows:

- lupus
- scleroderma
- Hashimoto's thyroiditis
- pernicious anemia
- Crohn's disease
- ulcerative colitis
- vitiligo
- fibromyalgia
- polymyositis
- psoriasis and eczema

- rheumatoid arthritis
- type 1 diabetes
- celiac disease (gluten intolerance)

For all cases of so-called autoimmune syndrome there is a simple approach to pursue. It is to vigorously use black seed and its extracts in order to normalize immune function. Ideally, this should be combined with the intake of oil of wild oregano as well as the aromatic, distilled waters of this spice, as follows:

Treatment protocol

- oil of black seed: one tsp. once or twice daily
- pulverized black seeds plus red sour grape and *Rhus coriaria*: two capsules twice daily
- oil of wild oregano: five or more drops twice daily
- juice or essence of wild oregano: one half ounce twice daily

Note: this should be combined with the intake of a high-quality probiotic complex, such as the Ecologic 500 multiple healthy bacterial strain.

Candida & fungal infections

The plague of modern civilization, fungal infections cause an extensive degree of disease and disability. Commonly, these infections result in rashes and other skin disorders. Yeast and fungal pathogens are also a major cause of lung, sinus, bronchial, and intestinal conditions. Here, black seed can play a critical role. Research has demonstrated that fungi and yeasts cannot co-exist in black seeds. The same is true of the expressed oil. Upon direct contact black seed oil

is a modestly potent antifungal agent. Another major role of this spice and its oil relates to the immune system. Black seed bolsters the immune response, increasing the efficiency of this system in the destruction of fungi as well as preventing the overgrowth of these pathogens.

According to a number of scientific studies black seed has significant value in the treatment of *Candida albicans*-induced syndromes. In one study a water-based extract of the seeds demonstrated dramatic anti-candidal powers. The extract, equivalent to some 200 mg of seed powder, which is a modest amount, vigorously suppressed the growth of the yeast up to 11-fold in the kidneys, livers, and spleens of test mice, an impressive result unheard of for any other seed extract. Its potency in this regard is enhanced by the simultaneous intake of edible, daily use oil of wild oregano, about five drops or more for every teaspoonful of black seed oil. Even so, black seed oil is a fungal cleansing agent and is a component of the highly potent detoxification liquid, the Total Body Purge. Regardless, this means that black seed and, particularly, the expressed oil is an essential therapeutic component of any anti-candidal regimen.

Treatment protocol

- oil of black seed: tsp. twice daily
- oil of black seed caps with cumin, fennel, and wild oregano oils: two or more capsules twice daily
- oil of wild oregano: five drops twice daily
- optional, Total Body Purge: one T. daily, ideally on an empty stomach in the a.m.

Intestinal parasites

One of the most significant uses for black seed and its extracted oil regards parasites. Here, it has rare properties where it can neutralize, even kill, certain parasites outright. The oil is particularly novel, as few if any other cold-pressed oils have such significant antiparasitic powers. The seed, too, is antiparasitic, as is the water extract. In particular, it is best to use the seed and oil in combination.

In one study in human volunteers the intake of powdered whole seeds in a modest dose, only one gram twice daily for four weeks, had a dramatic, positive action on the T-lymphocytes, increasing the ratio of helper cells to suppressor cells by 72%. Simultaneously, the T-killer cells were enhanced in both number and function. T-helper and T-killer cells are essential for cleansing parasites, among other pathogens, from the body. In a clinical study on children infected with the roundworm, *Ascaris lumbricoides*, and the tapeworm, *Taneaia saginata*, the intake of powdered seeds in a dose of 40 mg for every kilogram of weight—about 800 mg in a 50 pound child—decreased fecal eggs of the parasites dramatically: by some 93%. The eggs of the worm *Hymenolepsis nana* were also significantly decreased. This is a rare feat; no other seed oil known can achieve this, although raw pumpkin seed oil is also a reliable vermifuge, particularly for tapeworms.

For parasite treatment the seeds can be taken in a raw honey base, ideally also with raw pumpkinseeds. The raw honey aids in the delivery of the essential antiparasitic components of black seed throughout the intestinal walls. Regarding pumpkin seeds there is a traditional anti-parasitic treatment which consists of raw honey and pumpkin seeds,

where the person consumes about a pound of such seeds mixed in honey for three days. This is all that is consumed. Usually, after three days the parasites are purged. Once again, it would be ideal to do this also with the intake of black seed and its expressed oil: or the total body purging agent.

Treatment protocol

- oil of black seed: one T. twice daily
- Black Seed-Plus capsules with brown cumin, *Rhus coriaria*, and red sour grape: three capsules twice daily on an empty stomach
- total body purging agent, a most effective anti-parasitic black seed oil-based agent, one ounce once or twice daily; for more difficult cases take two ounces every a.m. or even two ounces twice daily
- oil of black seed capsules with organic fennel seed and cumin seed oil: two capsules three times daily, or three capsules twice daily
- raw pumpkin seeds with raw black seeds in raw honey: two T. twice daily

Lyme disease

With Lyme disease black seed and its oil are supportive therapy which do help considerably. Black seed significantly strengthens the immune response by increasing the antimicrobial activity of T lymphocytes. It is also directly antiparasitic, which is of value in numerous cases of Lyme complicated by coinfections by protozoans such as babesia. In order to aggressively destroy babesia infestation black seed oil and the whole seed are key therapeutic agents. Black seed's additional mechanism is related to its

antiinflammatory powers, which are modest. Its actions are bolstered by the intake of other natural antiinflammatory agents, including ginger, bromelain, papain, and turmeric. In the reversal of Lyme it is crucial to take potent anti-inflammatory agents that aggressively purge the toxicity induced by the borrelia spirochete. Nothing serves this purpose better than turmeric, particularly the whole food, wild extracts as sublingual drops.

Another arena of benefit versus Lyme and its various coinfections, such as babesia, bartonella, mycoplasma, and other tick-induced infestations, relates to black seed's action on the gut. Lyme pathogens are capable of infecting the internal organs of the digestive tract, for instance, the propensity of ehrlichia to infest liver tissue. Black seed oil, in particular, helps purge such pathogens from the liver, gallbladder, and intestinal walls, so they can be readily eliminated and destroyed.

Then, too, there is the issue of cardiac Lyme. This condition often strikes by stealth. Extremely serious, it can be debilitating but can also prove fatal. Here, the Lyme bacillus specifically attacks the heart muscle, where it causes significant damage, while also blocking the normal flow of nerve impulses. It may even lead to a kind of bundle branch block, though, medically, the cause is listed as unknown. With its dense content of plant sterols and thymoquinone *Nigella sativa* helps strengthen the heart muscle, reducing the risks for Lyme-induced cardiovascular complications such as bundle branch block, stroke, atrial fibrillation, and myocardial infarction.

The premier supplement to use for reversing Lyme is wild oregano oil. Yet another crucial agent is wild sage oil. These oils are found in a potent form in the supplement

OregaRESP. As well, super strength oil of wild oregano should be consumed aggressively. The latter contains highly concentrated, powdered forms of oil of wild oregano and wild sage oil, along with essential oils of cinnamon and cumin. Wild sage, combined with wild oregano, is an effective complex for purging the Lyme spirochete (see the book, *The Lyme Disease Cure*, same author). Yet another supplement combining wild sage and oregano is BoneActiv, available both as capsules and rubbing oil, both of which are effective adjuncts in the anti-Lyme protocol.

Regarding wild oregano oil this should always be a certified edible type free of all synthetic additives. It has now been confirmed that the majority of oregano oils on the market are tainted with synthetic carvacrol, the purpose being to artificially raise the carvacrol levels for marketing purposes. For instance, any oil of oregano claiming to be over 85% carvacrol is likely adulterated with the synthetic chemical, either as a GMO or more likely a petrochemical derivative. This is why the edible, whole food form is always preferable, which has naturally occurring carvacrol levels of between 63% and 82%. This is the kind of profile seen in the original wild oregano supplement, Oreganol P73.

Treatment protocol

- super-strength oil of wild oregano: 20 or more drops three times daily
- desiccated multiple spice complex consisting of oils of wild oregano and wild sage plus cinnamon and cumin oils: as needed
- edible, daily use oil of black seed: 2 T. twice daily
- crushed black seed capsules with crushed brown cumin and red sour grape: two or more capsules twice daily

- black seed oil-based total body purging agent: one or more ounces daily
- mycellized juice or essence of black seed oil: one or two T. daily
- BoneActiv caps: two or more twice daily
- BoneActiv rubbing oil: 20 or more drops twice daily and also rub on any inflamed or toxic area

Pseudomonas

Black seed has a specific action against the pseudomonas germ. Both the seed and the expressed oil have been shown to destroy this pathogen. This is, in part, why black seed oil is so effective against cystic fibrosis, since victims of this disease are routinely infected by pseudomonas pathogens. As well, the thymoquinone content of black seed acts as a mucolytic agent, as well as a bronchodialator, greatly easing the pseudomonas-induced symptoms of cystic fibrosis. Wild oregano oil is an aggressive killer of this germ and should always be included on any anti-pseudomonas protocol. In particular, the hydrosol or juice of wild oregano is highly active against this pathogen. A combination of the two virtually obliterates all traces of this germ.

Treatment protocol

- oil of black seed: two tsp. twice daily
- pulverized black seed in capsules: two or more capsules twice daily
- oil of wild oregano: five to ten drops two or more times daily or more often in extreme cases
- essence or juice of wild oregano: half ounce once or twice daily or more often in extreme cases

Rabies

Known in earlier eras as hydrophobia, this disease, caused by the bites of rabid animals, is treated today exclusively through the rabies inoculation. Historically, black seed and its expressed oil have been held effective for this condition, now thought to be essentially incurable. Usage, though, must be via a special protocol, which is continuous. In other words, the black seed must be consumed aggressively in order to guarantee a cure against this condition. Furthermore, it is necessary to also consume wild oregano extracts, ideally in multiple forms, including the super-strength oil of wild oregano and the aromatic hydrosol essence. It is this hydrosol or 'juice' which is crucial, as it readily passes the blood-brain barrier to act against the rabies virus aggressively. If the disease is not ameliorated and improved rapidly through this protocol, seek medical attention immediately.

Treatment protocol

- oil of black seed: tsp. every hour or every two hours
- oil of black seed capsules with organic fennel and cumin seed oils plus wild oregano oil: two capsules every hour
- oil of wild oregano, super-strength, edible, daily-use: 10 to 30 drops under the tongue every hour or every half-hour
- juice/essence of wild oregano: a half ounce or more multiple times daily
- supercritically extracted cannabis/wild oregano extract, that is Hempanol, 40 drops three or more times daily

Note: the oil of wild oregano should also be used topically, rubbed up-and-down the spine multiple times daily, also rubbed on the soles of the feet and on the top of the skull.

Meningitis and encephalitis

Along with appropriate medical care the intake of oil of black seed is essential therapy for these conditions. Of note, meningitis is caused by bacterial attack of the brain and spinal cord, while encephalitis is usually caused by viruses, including the West Nile Virus. Thus, powerful natural medicines are required to interdict these conditions. Thymoquinone and thymol readily cross the blood-brain barrier, where they act as potent germicides. Carvacrol, also found in black seed, is yet another antiseptic which is effective in these infections. However, to gain greater amounts of this powerful germicide the intake of oil of wild oregano is also necessary.

Treatment protocol

- oil of black seed: tsp. every two to three hours
- oil of black seed capsules with organic fennel and cumin seed oils plus wild oregano oil: two capsules several times daily
- oil of wild oregano, super-strength, edible, daily-use: 10 drops under the tongue every hour or every half-hour
- juice/essence of wild oregano: a half ounce or more multiple times daily
- sublingual black seed oil-wild oregano drops: 80 drops several times daily
- mycellized juice or essence of black seed oil: one or two T. daily

Eye infections (pink eye, iritis, uveitis)

In virtually all eye conditions black seed plays a significant role. Here, it can be taken internally, with the oil also being rubbed under the eye and also over the eyelid. The finely milled, fresh seeds can also be placed in the eyes and used as a treatment for infections and also, as mentioned, early

cataract. For eye infections, like pink eye and uveitis, internal intake of black seed is best combined with oil of wild oregano, taken as sublingual drops.

Treatment protocol

- oil of black seed: tsp. two or more times daily; also, rub the oil on top the eyelids and about the eye
- oil of wild oregano: five or more drops under the tongue multiple times daily
- wild oregano-based emulsified spray: mist towards the eyes and let drift in a few times daily
- sublingual black seed oil-wild oregano drops: 80 drops several times daily

MRSA

MRSA, that is methicillin resistant staph aureus, is one of the most destructive plagues of modern civilization. The syndrome is caused strictly by antibiotics, which have induced this mutant strain. It is a strain which is virtually impossible for the immune system to destroy, as it has no cell wall. The pathogen aggressively attacks the tissues, where it may release a poison that can cause destruction and death of tissue and organs, known medically as necrosis. This necrosis is commonly known as “flesh-eating.” Yet, MRSA doesn’t eat flesh. The toxin released by MRSA leads to this destruction.

Spices, in general, are destructive to MRSA, including black seed. However, the most aggressive killers of this germ are the highly antiseptic Mediterranean spice oils, that is oil of wild oregano, oil of wild bay leaf, oil of cumin, and oil of wild sage. This is why in all cases of MRSA spice oils must be relied upon as the mainstay of treatment. Such oils

are known as escharotic agents, which means they are capable of corroding and/or destroying the membranes and internal tissues of bacteria and other pathogens. In other words, these hot spice oils essentially dissolve them.

Treatment protocol

- oil of black seed: one tsp. two or more times daily
- sublingual black seed oil-wild oregano drops: 80 drops several times daily
- oil of wild oregano: five to 10 drops multiple times daily; also, use the oil topically on all MRSA lesions
- wild oregano multiple spice extract with cumin seed oil and wild sage oil: two or more capsules multiple times daily
- oil of black seed gelpcaps with oils of fennel and cumin seed: two caps two or more times daily

HIV/AIDS

In this condition there is usually infection of the body by a multiplicity of pathogens, not just the HIV virus. Regardless, oil of black seed is an ideal therapeutic intervention, particularly because of its powers in boosting immune capacity. The condition is caused by a multiplicity of infections occurring simultaneously. Thus, usually, a potent therapeutic regimen involves the use of more than just black seed oil. Wild oregano oil is also essential as an HIV/AIDS purge, since this disease is caused in most cases by a multiplicity of pathogens.

Treatment

- oil of black seed: one tsp. two or more times daily
- oil of wild oregano: 20 or more drops multiple times daily

- wild oregano multiple spice extract with cumin seed oil and wild sage oil: three or more capsules multiple times daily
- sublingual black seed oil-wild oregano drops: 80 drops several times daily
- juice or essence of wild oregano: ounce twice daily
- total body purging agent: ounce twice daily

Chapter Seven

Neurological Health

There is considerable evidence that black seed is a potent, vigorous therapy for various neurological conditions. This is based upon a variety of scientific studies, which demonstrate definitive effects in neurological diseases and also in common mood-related disorders such as anxiety and depression.

Pharmacological studies have shown that both the fatty oil and also the water extract have direct, positive actions on the central nervous system. Thymoquinone, one of the seed's most potent components, has been claimed, traditionally, to halt seizures. As described by Sandhu a study conducted for anti-seizure effects found that this compound has a major protective effect, even preventing seizure-related fatalities from electroshock-induced convulsions.

In rat studies oil of nigella was found to be highly protective against oxidative damage in critical areas of the brain, notably the cerebellum, cerebral cortex, and hippocampus. The oil aggressively scavenged free radicals in these brain tissues, preventing toxin-induced damage. The authors, in fact, noted that reactive oxygen species or ROS were significantly curbed. ROS are directly implicated in the cause of a variety of neurological diseases, including

multiple sclerosis, Parkinson's disease, Alzheimer's disease, and schizophrenia.

Regardless, black seed is a novel agent which supports the neurological system. Its aromatic compounds directly influence the health of the nerves and brain tissue: substances such as thymoquinone, carvacrol, thymol, nigellidine, and alpha-heredin.

Seizures/epilepsy

It has been known since antiquity that black seed and its expressed oil are effective for seizures and epileptic fits. A number of scientific studies document a positive action of black seed for such conditions. In induced seizures thymoquinone had a major protective effect, with the highest dose, some 80 mg/kg, offering 100% protection against electroshock-induced fatality. In induced seizures the black seed active ingredient protected the brains of test mice from oxidative damage equal to the drug valproate.

Further proof is found in a human study, in this case of children. Aged one year to 13 years, the study found the remarkable: the ability of black seed, in this case, the aqueous extract, to significantly reduce the frequency of seizures versus placebo. The authors concluded that, clearly, this water extract had major antiepileptic powers for these children. As reported in *Neuropsychiatric Effects of Nigella sativa: a Review* the antiepileptic powers of curcumin and black seed oil were compared versus drugs. It was found that through black seed therapy there was a "reversal in the levels of" various biological toxins associated with an increased risk of seizures such as "malondialdehyde, nitric oxide, and reduce glutathione," while there was restoration of the activities of key enzymes associated with a reduction

in risk for brain cell irritability, including sodium-potassium ATPase and acetylcholinesterase. Thus, in this test model black seed caused a reduction in seizures.

Treatment

- oil of black seed: one tsp. two or more times daily
- oil of wild oregano: 20 or more drops multiple times daily
- wild oregano multiple spice extract with cumin seed oil and wild sage oil: three or more capsules multiple times daily
- mycellized juice or essence of black seed oil: one or two T. daily
- juice or essence of wild oregano: ounce twice daily
- supercritically extracted cannabis/wild oregano extract, that is Hempanol, 40 drops three or more times daily

Multiple sclerosis

Black seed and its expressed oil are powerful natural medicines for the nervous system, particularly diseases associated with nerve cell damage. In multiple sclerosis there is direct damage of the all-important brain cell coating, the myelin sheath. With its rich content of sterols black seed has the capacity to heal this damage. While few people realize it multiple sclerosis is largely an infectious disease, primarily caused by viruses but also a variety of bacteria. One of the bacterial instigators is the Lyme bacillus. A great aggressor it attacks the brain and spinal cord, vigorously infecting these tissues. Other pathogens which can attack the brain and spinal cord, causing or aggravating this condition include various herpes viruses, chlamydia, and fungal agents. In all such cases black seed and its expressed oil can prove invaluable, although it is much aided by the simultaneous

intake of oil of wild oregano as well as the wild oregano aromatic essence, that is the juice of wild oregano, both of which directly reverse the infectious processes.

Regardless of the cause multiple sclerosis is associated with a great degree of damage and inflammation within the neurological tissues. Plaque formation within brain cells is well documented, meaning the damage to the neurons is extreme. A number of studies have shown that black seed and its expressed oil are “neuroprotective” and that they also prevent “neurodegeneration.” In particular, thymoquinone and carvacrol, as well as nigellone, eliminate this plaque, both because of their antioxidant powers and also as a result of their capacity to purge infectious agents.

Note: the same protocol listed below can also be followed for Lou Gehrig’s disease, that is ALS.

Treatment protocol

- oil of black seed: one or two tsp. twice daily
- oil of wild oregano: 10 or more drops two or more times daily
- juice of wild oregano: one or more ounces once or twice daily
- supercritically extracted cannabis/wild oregano extract, that is Hempanol, 40 drops three or more times daily
- pulverized black seed capsules with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- mycellized juice or essence of black seed oil: one or two T. daily

Parkinson’s disease

A disease associated with gradual degeneration of the brain stem, in this case the cells of the basal ganglia, like multiple sclerosis, it is largely the result of an infectious attack. It is

also the consequence of depletion of antioxidants within the brain tissue as a result of oxidative stress. Black seed and its expressed oil to a degree reverse this. In one study it was found that a black seed extract decreased elevated levels of oxidative toxins, including nitrite, while also normalizing depleted levels of glutathione.

Thymoquinone itself is a powerful aid versus this syndrome, improving cellular defects and markers of oxidative stress in experimental Parkinson's models. Treatment in three daily doses with thymoquinone caused an improvement in movement capacities, while also preventing the toxin-induced loss of brain cells in the substantia nigra, lowering also the toxic marker, MDA. This means that, clearly, this black seed active ingredient is neuroprotective against Parkinson's-like neurodegeneration.

Treatment protocol

- oil of black seed: tsp. twice daily
- black seed aqueous extract: T. or more twice daily
- pulverized black seed capsules with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- mycellized black seed oil with wild oregano: 40 or more drops under the tongue frequently
- oil of wild oregano, edible type, daily use: 5 to 10 drops twice daily

Anxiety

There is accumulating evidence that black seed acts as an anti-anxiety agent. In animals it was shown that this spice complex decreases anxiety, while also improving memory. This led to a human study by Bangladeshi investigators in

the *Journal of Ethnopharmacology*, where it was discovered that black seed did, in fact, decrease anxiety, while improving overall mental function. In the study some 48 males were tested, in this case, healthy adolescents. Versus placebo, all these youths showed an improvement in anxiety-related symptoms.

The positive actions of black seed are aided by the simultaneous intake of crude, raw extract of cannabis, a major anti-anxiety agent. Ideally, combined with supercritically extracted wild oregano, this can be taken as sublingual drops or gelcaps.

Treatment protocol

- oil of black seed: tsp. twice daily
- oil of black seed gelcaps with oils of fennel seed and cumin: two capsules twice daily
- crude, raw extract of organic cannabis with wild, raw supercritical oregano extract: 10 drops twice daily or two gelcaps twice daily
- whole food cannabis extract, 100% raw and organic, known as Hempanol-CF (1500 mg cannabis extract per bottle): 10 or more drops under the tongue two or more times daily

Depression

In chronic depression it is essential to consume rich sources of essential fatty acids. These fatty acids are needed for brain repair and also for the production of neurotransmitters. Furthermore, black seed has the capacity to directly influence key brain centers responsible for the synthesis of anti-depressant neurotransmitters, including 5-HTP, phenylalanine, and acetylcholine. As well, to combat this

condition is necessary to bolster thyroid function, as sluggish thyroid is a major factor in chronic depression-related disorders. Black seed does precisely this, boosting overall thyroid gland powers, partly through its rich content of the amino acid tyrosine.

Furthermore, the seed and its extracts contain a number of anti-depressant compounds. These compounds include tyrosine, tryptophan, serotonin, and acetylcholine. What an impressive array of mood altering substances it is, making black seed and its extracts equally as effective, in fact, more so as any known antidepressant agents.

Treatment protocol

- oil of black seed: tsp. once or twice daily
- thyroid-boosting natural supplement with tyrosine and wild kelp, that is Thyroset: two or more capsules daily
- pulverized black seed capsules with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- mycellized black seed-wild oregano oil: 40 drops twice daily

Note: for black seed to be effective against depression it should be taken on a daily basis, ideally in both the whole seed form and as the expressed oil, although the aqueous extract is also effective.

Chapter Eight

Blood Disorders

For virtually all blood disorders black seed is an ideal natural medicine. It has potent, positive actions on all blood cells, boosting synthesis when they are low, while modifying them and balancing them when they are too high. It is, essentially, the ideal tonic for the bone marrow, bolstering the synthesis of all its various cells, including platelets, white blood cells, and red blood cells. Few if any other natural complexes can achieve this, a feat which is truly impressive.

Anemia

With anemia black seed is a remedy of choice, being both preventive and curative. If severe, this is a most serious issue and can put the victim's life at risk. Black seed and its extracts come to the rescue; they've been known to prevent and treat anemia, reversing it in many cases completely, a fact demonstrated in a number of studies. Furthermore, black seed is effective against a number of the various causes of blood loss, many of which lead to anemia.

For instance, as mentioned previously black seed halts hemorrhoidal bleeding. This is usually achieved through

consistent, daily use, of both the whole seed with red sour grape and the whole, cold-pressed oil. Traditionally, it is used for nose bleeds, common, for instance, in the hot climate of the Middle East. By applying the oil within the nose, a few drops within the nostrils, it can halt nosebleeds outright, while also helping to resolve this condition through internal dosing.

There are various diseases which lead to low red counts for which black seed is a major therapy. Examples include parasitic infestation, bone marrow disorders, cancer, and lupus. Since both the oil and seeds are anti-parasitic, then, the cause of the anemia is reversed and the red cells regenerate. The same is true of lupus where black seed attacks the inflammatory component associated with this disease, while also purging noxious pathogens which cause bone marrow disruption. As a result, the low blood counts of lupus are readily reversed.

The rich content of sterols, densely supplied in the seed and its oil, is also invaluable for reversing anemia, as the sterols are required for the regeneration of cell membranes. Furthermore, the essential oil components of this spice, notably thymoquinone, thymol, and carvacrol, are potent bone marrow stimulants, inducing the production of all types of its cells. Even so, regarding anemia, dried red sour grape, as well as *Rhus coriaria*, are bone-building agents, which are components of the nigella seed-based capsules, Black Seed-Plus.

Treatment protocol

- oil of black seed: one tsp. or more twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily and for extreme cases, three capsules twice daily

- oil of black seed gelcaps, 1000 mg, with oils of fennel seed and brown cumin seed: two or more capsules twice daily

Thrombocytopenia

There can be no doubt that black seed and its expressed oil are effective for this condition. This is good news, as there are few if any drug-based treatments that have any positive effects. Thrombocytopenia may be aggravated by allergic toxicity, particularly to various noxious chemicals and food additives. The inflammation of the allergic response, as well as the excessive histamine release that is typically associated, may lead to a blockade in platelet synthesis, also causing their consumption in the blood. Black seed and its oil reverses this through blocking excessive histamine release. Furthermore, the rich content of sterols in this spice aids platelet regeneration, while the black seed essential oil components, particularly thymoquinone, helps bolster platelet synthesis.

The spleen is involved in platelet metabolism. Black seed and its expressed oil are powerful tonics for splenic function, cleansing this organ of both germs and toxins, greatly enhancing its overall physiology. A balanced, high-functioning spleen is essential for maintaining normal, healthy platelet counts.

Treatment protocol

- oil of black seed: one tsp. twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- oil of wild oregano as a germicidal agent to purge pathogens from the bone marrow and spleen: five or more drops twice daily

Neutropenia

Neutropenia, that is abnormally low white blood cell count, is extremely common in modern society, in fact, a virtual plague. This condition is highly destructive, that is to suffer a reduction in these cells, since they are the body's protection system against a wide range of dangerous elements. Most importantly, white blood cells protect the body from being attacked and ravaged by noxious pathogens, including viruses, bacteria, fungi, molds, yeasts, and parasites. These crucial cells also offer another novel power: preventing the organs/tissues from being attacked by destructive, invasive cancer cells.

Treatment protocol

- oil of black seed: tsp. or more twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- oil of wild oregano as a germicidal agent to purge pathogens from the bone marrow and lymphatic system: five or more drops twice daily

Multiple myeloma

This condition is yet another bone marrow-related disorder, in this case, related directly to infectious factors. As well, toxicity, in this case, intoxication by pesticides, fungicides, and herbicides, is a major perpetrating factor. To reverse this condition the toxicity of the bone marrow must be systematically reversed. The powerhouses to do so are black seed oil and also wild oregano extract. Yet another powerful substance complex that helps normalize the bone marrow is wild chaga. It is the raw chaga, however, which is, in particular, the most therapeutic complex in this regard.

Treatment protocol

- oil of black seed: one or more tablespoons twice daily
- pulverized black seed with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- juice or essence of wild oregano: ounce daily
- oil of wild oregano: five to ten drops twice daily
- water extract of chaga with wild oregano essence, 100% raw: one or two droppersfull twice daily
- wild, raw turmeric supercritical extract with supercritical cannabis: 40 or more drops two or more times daily
- essence or juice of wild oregano, 12 ounce bottle: a half ounce or more twice daily
- wild, raw turmeric supercritical extract with raw cannabis extract, ideally as sublingual drops: 40 or more drops twice daily

Leukemia

This syndrome is the dread of the modern world, a disaster which commonly strikes children and teenagers. Yet, it is largely preventable. While it is little known leukemia is primarily man-made, the result of noxious diet, with refined sugar playing the key role. The other human-induced primary factor is vaccination. According to investigators publishing in *Cancer Research* nearly 90% of all childhood/teenage cases are directly induced by vaccines. In leukemia the role of infection is preminent. Inoculation results in the injection of a wide range of destructive pathogens, which then infect the immune cells as well as the various lymphatic tissues. This infection fully overloads the immune system and, thus, the bone marrow, leading to massive production of white

blood cells. If the infection is fully purged, the disease can be cured.

Black seed and its oil offer a number of powers for the treatment of this condition. Its components are directly toxic to aberrant leukemia cells, halting proliferation and inducing apoptosis, while also ameliorating inflammation. Other highly potent spice extracts for combating this condition include oil of wild oregano, the aromatic juice/hydrosol of wild oregano, wild rosemary extract, and wild turmeric extract. As well, cannabis extracts offer much hope for leukemia, particularly those made through CO₂ extraction, the whole food types where solvents are never used. The fact is solvents are contraindicated in various cancers, so those cannabis extracts made through solvent extraction are contraindicated in this condition.

Treatment protocol

- oil of black seed: one or more T. twice daily.
- pulverized black seed with *Rhus coriaria* and red sour grape: 3 capsules twice daily
- juice or essence of wild oregano: ounce daily
- oil of wild oregano: five to ten drops twice daily
- whole, raw solvent-free cannabis extract, raw and unprocessed, with wild oregano CO₂ extract as sublingual drops: 20 or more drops multiple times daily
- whole, unprocessed turmeric extract as sublingual drops: one dropperful multiple times daily

Chapter Nine

Anti-Cancer Properties

What could be superior in this world to a plant complex that is so effective that it can reverse virtually any type of cancer? This is the nature of black seed, one of the most potent, versatile antitumor complexes known, a fact demonstrated by a plethora of studies. These studies indicate that, essentially, black seed is perhaps cancer's worst enemy. That's because the active ingredients of *Nigella sativa* are vigorous anti-cancer agents. It is as if it was created specifically to combat, and reverse, this disease. There is great scientific proof to support this, that is the fact that black seed, whether taken internally or applied topically, as in the crude oil, is highly antagonistic to cancer. This is to such a degree that it appears that this disease cannot coexist in the presence of black seed's medicinal compounds.

Unlike chemotherapy, where the type and formula must be changed for each cancer, black seed is a virtually universal antitumor agent. There appears to be no type of cancer which fails to succumb to its immense therapeutic powers. For instance, investigators, using a well-established rat multi-organ carcinogenesis model, have proven its broad-spectrum powers. The study, featuring initial treatment with five different carcinogens, showed that

Nigella sativa active ingredients, in this case those components in the volatile oil, “significantly reduced” in this rat model “malignant and benign colon tumor sizes...” These compounds also reduced the number of incidences and also the expected occurrence of multiple tumors.

The black seed treatment so significantly decreased the occurrence and the number of tumors that the investigators were fully astonished, saying that they had discovered a never-before-published phenomenon. Cancers of the lungs, gut, esophagus, and stomach were all expected to occur in this model. However, they were all greatly curbed. This was a first time ever published event: that a single, food-like natural medicine could simultaneously halt all such tumor development. As well, the various proofs of excessive cell growth, that is those key chemical markers of cell proliferation, were also significantly reduced, indicating a direct toxicity of the black seed to tumor cell growth. Two oral doses of *Nigella sativa* were sufficient to measurably curtail cancer cell growth. Moreover, blood levels of the key tumor markers, Insulin Growth Factor, fatty blood triglycerides, and prostaglandin E2, were also suppressed.

These findings demonstrate that this remarkable therapeutic agent “exerts potent inhibitory effects on rat tumor development” and also on excess, aberrant cellular proliferation, not just in one cancer but in several sites. Moreover, it does so simultaneously, a remarkable feat. In particular, the ability of the seed components to significantly inhibit cancers of the colon, lung, esophageal, and stomach in the rat model didn’t merely occur preventively. Rather, this power was exhibited after the tumors were induced. Plus, unlike chemotherapy, there were no demonstrable side effects of any kind.

Consider, too, the work of Majdalawieh and Fayyad published in the *Journal of Ayurveda and Integrative Medicine*, 2016, where a comprehensive overview was provided. These medical researchers were so impressed with black seed's powers that they deemed it a virtual "chemotherapeutic agent," which could be used exclusively as an anti-cancer remedy. *Nigella sativa*, they note, has been "extensively studied, both in vitro and in vivo, in a number of models." These studies have demonstrated the following:

- that *Nigella sativa* consistently causes cancer cells to self-destruct, known as apoptosis
- that it blocks the growth of existing cancer cells and/or tumors
- that black seed and its expressed oil, if taken regularly, prevents the spread of malignant tissue, known as metastases
- that the seed and its oil act as a powerful antioxidants, combating oxidative damage from malignant cell growth, thus neutralizing that growth
- that nigella seed and the expressed oil boost the anti-cancer capacities of cancer cell-killing NK cells

Its major preventive powers must be seriously considered. In an ideal world cancer would be rare or it simply would not exist. There are examples of such idyllic entities, for instance, the Italian fishing village of Acchioli where the entire population is essentially cancer-free. This is because of the intake of the residents of a different highly aromatic plant, wild rosemary.

It would, thus, seem plausible that, ideally, people would take the necessary precautions. Or, they would simply as a

matter of habit or tradition do what is instinctively effective for preventing the onset of degenerative disease as well as premature death. What are these traditionally known remedies, which are tried and true? They are the intake of oil of wild oregano, edible type for daily use, along with the consumption of wild, high-mountain rosemary-based extracts and also wild high-mountain oregano extracts. These precautions include regularly consuming highly anti-cancer complexes, including black seed. In fact, in those regions where it is routinely consumed cancer incidence is significantly lower, particularly for colorectal cancer. For instance, black seed has been found to suppress the growth of colon cancer cells, while also killing such cells. Thus, it is no surprise that in those who regularly consume black seed and its oil the incidence of colon and rectal cancer is found to be exceedingly low. Yet, these natural medicines also offer great powers for the treatment of existing cancers, which makes black seed supplements ideal for anti-cancer therapy.

It is thymoquinone which is nigella seed's major antitumor agent. As well, because it is an aggressive antioxidant this substance blocks oxidative damage in the cells, the latter being a precursor of cancerous degeneration. Its rich content of sterols is also highly protective, as these complexes are needed to rebuild and strengthen cell membranes, one of the most profound defenses against cancer known.

There is yet another mechanism explaining the cancer-fighting powers of black seed and its cold-pressed oil. This is in relation to its exceptional tissue-cleansing powers. Effectively, black seed prevents sluggishness of the intestines, that is it prevents a prolonged transit time. A longer than normal transit time of stool is directly associated

with an increase risk of cancer, particularly bowel and rectal cancer. In fact, the ability of nigella-based natural medicines is so great in this arena that many doctors have stated that it's an effective natural alternative for colon and rectal cancer treatment.

Directly, nigella seed offers the power of inducing cancer cell self-destruction, known as apoptosis. Also known as “programmed cell death,” it is the key mechanism for a wide range of antitumor agents, including a number of chemotherapeutic agents. It does so, in part, by blocking oxidative damage to cell membranes, that is it strengthens healthy cells, so they do not succumb to cancerous invasion. Eventually, the cells become so healthy that the diseased tissue, the cancer, implodes. Plus, by blocking oxidative reactions within the tumor mass this diseased tissue can no longer thrive. Another crucial mechanism relates to the ability of black seed to block the tumor's blood supply, known as an anti-angiogenesis action. Simultaneously, black seed, that is the oil, in particular, impedes the metastatic spread of cancer tissue. As well, in some cases it has been found that the ingestion of the seed extract does the unfathomable, which is to clear the entire body through induced self-destruction of cancerous and pre-cancerous cells.

There is still another mechanism of action, which relates to its powers on the bone marrow. It is the bone marrow which is responsible for the production of those ultra-key elements of immunity, the white blood cells, including B lymphocytes, macrophages, monocytes, basophils, eosinophils, and neutrophils. The fact is black seed directly promotes health and vigorous bone marrow activity. Research has shown that the water-based seed extract, in

particular, increases the growth rate of bone marrow cells by an impressive 150%, which is essentially unheard of by any other known natural complex. This is confirmed by a number of human studies where white blood cell and red blood cell counts were found to rise. Thus, it is an ideal treatment for those undergoing chemotherapy or radiation treatment, as both of these ‘therapies’ cause bone marrow destruction, leading to a low white count or neutropenia. This is disastrous, as, now, the immune system is incapable of efficiently combating the disease. As well, anemia is common in cancer victims. By inducing new bone marrow cell growth black seed fights this. No wonder a summary of the known science shows that black seed decreases the rate of growth of nearly all tumors by some 50%. Its powers are increased by the simultaneous ingestion of edible, daily use wild oregano supplements, particularly the oil of wild oregano, along with the aromatic essence of juice of wild oregano. Wild chaga is yet another adjunctive treatment that protects the bone marrow and immune system from chemical- and radiation-induced damage. It, too, must be taken along with black seed therapy in order to achieve optimal results.

Regarding the types of cancers for which black seed therapy is effective these are extensive. Internally, it must be consumed for all types of malignant/cancerous diseases, including cancers of the brain, bowel, rectum, breast, bone, blood, lymph, mouth, skin, liver, pancreas, and kidneys. It must also be one of the lead treatments for lymphoma and leukemia. Moreover, unlike chemotherapeutic agents it can be taken in large amounts with impunity. Here are some specific cancers and the basis for black seed’s use, though the list is not all-inclusive:

Lymphoma: a cancer of the lymphatic system this disease routinely responds to black seed oil therapy. Studies have shown that both the water and oil extracts are highly effective against this disease and that the black seed components cause the purging of lymphoma cells from the body. The seeds contain all the components of the water extract. The basic dose is two tablespoons of the oil daily, along with at least two teaspoonsful of the seeds or six capsules of the pulverized seed mass.

Bone cancer: in many respects black seed oil, in particular, is ideal for this condition. Here, it can be taken internally and rubbed topically. In some animal models black seed oil has been found to completely suppress bone cancer cell growth.

Brain cancer: as a result of the accumulated scientific studies it has been deemed that black seed is an effective agent for suppressing brain tumors, whether benign or malignant. It is, therefore, regarded as a key, front-line natural therapy for all types of tumors of the brain and central nervous system. Studies have show that both the seed and its oil directly kill brain cancer cells, once again through apoptosis.

Cancer of the prostate: components of *Nigella sativa* have been shown to kill prostate cancer cells in experimental models. For instance, investigators at Tulane University found that the black seed active ingredient thymoquinone suppressed the growth of aggressive types of prostate cancer cells, also causing the cells to self-destruct. Noted D. Mondal, who led the research team, "...natural compounds (like thymoquinone are) important...as an adjunct to anti-tumor therapy." Thymoquinone, said Mondal, is similar in its actions to ubiquinone or co-enzyme Q-10, an anti-cancer substance made as an essential nutrient in the body.

Cancer of the cervix: regarding cervical cancer black seed has shown benefits. It can be taken internally but also applied topically. Rather large amounts can be inserted into the vaginal tract, aimed at the cervix, with only positive results.

Mouth cancer: here, black seed has immense powers. This is true of both topical application and internal consumption. In a number of studies extract of black seed, notably the cold-pressed oil and the seed mass, have been found to be highly effective in suppressing the reproduction of oral cancer cells. In some cases black seed alone was found to obliterate such cells.

Breast cancer: there is good work showing positive effects of *Nigella sativa* versus breast cancer. Studies have shown that black seed in all its forms blocks the formation of this cancer, while also aiding in reversing it. This power is aided by the simultaneous intake of oils of wild oregano and rosemary as well as their aromatic essences.

Skin cancer: topical application of nigella seed extracts have been shown to be highly antitumor versus a variety of skin cancers. However, for optimal results it should also be taken internally. In all cases nigella has a superior action if combined with oil of wild oregano.

Melanoma: melanin-rich black seed is an aggressive agent for combating this condition. As published by I. Ahmad and his group it aggressively impedes all aspects of this potentially deadly condition, aiding in the destruction of melanoma cells but also blocking, significantly, cell migration or metastases. Black seed extract and its key active ingredient thymoquinone proved to be a more effective complex in attacking and obliterating melanoma than any known drug, shutting down the inflammatory

markers that are associated with this disease. Efficacy is enhanced by the addition of oil of wild oregano to the therapeutic regimen.

Pancreatic cancer: in a study by H. R. Arafat of Thomas Jefferson University black seed extract was found to be highly potent against experimental pancreatic cancer cells, “obliterating” the markers of tumor formation. The drug tested as a contrast couldn’t compare and, in fact, proved to be impotent.

Liver cancer: versus liver cancer black seed is an aggressive agent. The cancer cell-killing powers of *Nigella sativa* was tested by Thabrew and his team, 2005, against human liver cancer cell lines; it was determined that this powerhouse greatly inhibited the growth of the tumor cells within a mere 24 hour period, while other investigators have determined that black seed’s thymoquinone significantly increases the production by liver cells of key enzymes, for instance, quinone reductase and glutathione transferase, required for the prevention of the breakdown and, thus, cancerous degeneration of liver cells.

Bowel cancer: here, *Nigella sativa* reigns supreme, as it acts both as a preventive agent and also an effective treatment. In models for chemically induced colon cancer the feeding of rather modest amounts of black seed, as the whole, crude, cold-pressed oil, the whole food, raw water extract, or an ethanol-based extract, aggressively blocked colon cancer formation. Specifically, the seed extracts neutralized the toxicity of injected carcinogens, in this case coal tar-based toxins, on the colonic mucosa, preventing the formation of so-called aberrant crypts. Essentially, this means that it blocks the formation of precancerous lesions in this tissue with no evident adverse side effects, and that the

inhibition may be associated, in part, with suppression of cell proliferation in the colonic mucosa.

The issue of bowel cancer prevention, as well as treatment, is a major one. This is one of the primary benefits of black seed consumption and or the intake of its crude extracts. Here, it should be realized, the colon is the root of all diseases. In fact, there are great consequences to a lack of proper function of this organ system. The major challenge is the stagnation of wastes, which is a cancer precursor. It is, essentially, a carcinogen. To avoid this it is necessary to optimize bowel movements, preventing the accumulation of wastes. Contact of such wastes against the colon wall for abnormal periods is a major risk for the development of cancer of the lower bowel and also increases the risks for other malignancies, including cancers of the breast, pancreas, liver, and blood. Here, the unfathomable may occur, which is that such wastes could stagnate within the lower bowel for up to 72 hours or longer, which is as a vast irritation. In some cases it may lie in the colon, causing vast corruption, for numerous days, even weeks in some cases.

Black seed combats this in a most powerful way. It is a potent digestive stimulant, causing an increase in the flow of digestive juices, including bile. Through this stimulation digestion along the entire gastrointestinal tract is facilitated, leading to improved elimination. The added bile increases the bulk of the stool, while, as well, the black seed sterols increase the growth of probiotic bacteria. The result is a more normal elimination, where there is a more natural urge for bowel movements. The stool comes out easier and there is less straining.

The mechanisms of action of black seed regarding cancer are well established. One of the key ones relates to that well-studied pro-cancerous degeneration substance nitrous oxide (NO). The ingestion of black seed significantly reduces levels of this substance, as much as five-fold. It has also been found to have a positive effect on healthy cells, preventing damage to DNA, a precursor to cancer formation. The formation of DNA, in general, is enhanced, while during cell reproduction there is a reduction in damaged or malformed nuclear material. Other key mechanisms of action behind its anti-cancer and antitumor powers include the following:

- reduction in blood levels of the pro-tumor substances, sialic acid and lipid-bound sialic acid
- reduction in blood levels of potentially tumor-enhancing hormones, prolactin and estradiol
- inhibition of DNA synthesis by aberrant cells and cancer tissue
- reduction in lipid peroxides and free radicals
- enhancement of helper-to-suppressor T lymphocyte ratios
- increase in the production of the antitumor chemical, Tumor Necrosis Factor Alpha
- induction of actual tumor cell death, known as necrosis

In addition, black seed and its extracts have been found to be beneficial as an adjunct to modern medical treatment, including drug therapy, radiation therapy, and chemotherapy. Majdalawieh has also noted that it actually protects the body from the deleterious effects of chemotherapy and antibiotic treatment, blocking the toxicity of these drugs to the liver and other organs. Thus, at a

minium it should be used in concert with anti-cancer chemical treatment. In all cases in the studies black seed enhances the body's attempts to kill tumor cells. Ideally, it should be used as a sole therapy, along with other herbal- or spice-based medicines: without the intake of dangerous chemicals. In other words, as a sole treatment it is sufficiently powerful to positively influence the course against cancer. Black seed's powers are greatly enhanced, however, with the simultaneous intake of high-quality wild oregano and wild or organic turmeric supplements, as well as the intake of extracts of wild rosemary and sage.

Clearly, then, spices and their extracts are the world's premier antitumor agents, far surpassing in both efficacy and safety any chemotherapeutic agents. These food complexes are a top source of cell-preserving antioxidants that directly block cancerous degeneration. Moreover, they are truly whole food spice complexes, containing dozens and in some cases hundreds of active ingredients, all in a novel balance as produced by the almighty creator. No single synthetic chemical could ever achieve their diverse powers, which include the capacity to destroy multiple types of tumors. The spices with the greatest anti-cancer powers are as follows:

- black seed and its extracts
- wild, high-mountain oregano and its extracts
- wild, high-mountain or organic turmeric and its extracts
- wild, high-mountain rosemary and its extracts
- wild sage and its extracts
- remote-source, Mediterranean cumin and fennel seed and their extracts

Chapter Ten

Respiratory Health

It has been long known that black seed and its expressed oil are highly therapeutic for respiratory disorders. Regardless of how it is used or the form in which it is consumed black seed aids in the reversal of virtually all respiratory conditions, including disorders of the sinuses, lungs, and bronchial canal. This includes highly common ones, like the flu, colds, sinus attacks, bronchitis, laryngitis, tonsillitis, emphysema, pneumonia, pulmonary fibrosis, croup, and asthma. Because of its content of thymoquinone and thymol it is an ideal respiratory tonic, as these substances have direct, positive actions on the entire respiratory system.

Regarding the lungs and bronchial tract human studies confirm its capacities. Consider the work by Koshak and his group published in *Phytotherapy Research*. Here, it was found, black seed oil significantly aided asthma patients versus placebo. In a 40 patient study a noticeable improvement occurred, manifested by improved expiratory air flow and reduction in asthma attacks, a significant result. There was also a “remarkable normalization” of the blood levels of eosinophils, the latter being a marker of allergic reactivity. Of note, high eosinophiles are also a sign of

parasitic infestation, and parasites can play a major role in 'allergic,' that is reactive, respiratory diseases such as asthma and bronchiolitis. In asthma no drug known can achieve such diverse, positive results.

Toxic, noxious parasites contaminating human tissue is often the precursor to chronic respiratory disorders. Such parasites can even infect the lungs, notably lung flukes, which are housed mainly in the base of these organs. Their presence leads to airway reactivity, resulting in asthma, bronchitis, and in the extreme pulmonary fibrosis. Both thymoquinone and thymol are highly anti-parasitic. This combined with their bronchodilator actions may largely explain the rather dramatic action of black seed and its crude oil in reversing chronic respiratory disorders. As well, fungi are a major cause of bronchial disorders; in fact, these pathogens represent the number one factor in chronic respiratory diseases. Black seed is one of the most potent naturally occurring antifungal complexes known, although it is made ultra-potent by the simultaneous use of oil of wild oregano.

Antihistaminic powers

One reason black seed is so effective in respiratory disorders relates to its antihistamine capacity. It is one of the most potent antihistaminic substance complexes known. In particular, the essential oil components offer this action, with nigellone, in particular, being demonstrated as an aggressive histamine blocker. Yet another powerful antihistamine in black seed is carvacrol. This is also the key one in oil of wild oregano. This is why both black seed oil and wild oregano oil are ideal therapeutic agents for any allergic propensity or reaction.

Chest congestion/head colds

No doubt, black seed and its cold-pressed oil are effective congestion-relieving agents. In any head cold or stuffiness black seed is a potent cure. Its active ingredients carvone, carvacrol, thymol, and thymoquinone, are all deliberate antiviral agents as well as antifungal agents. As well, these substances help cleanse the mucous membranes of irritants, while also aiding in opening airway passages. Additionally, thymol and carvacrol have the capacity of breaking apart mucous plugs, that is they are mucolytic. The majority of cases of chest congestion-colds are caused by viral attack, although molds also play a primary role. Yet, regardless of the cause black seed is universally effective, as demonstrated by the following case history:

CASE HISTORY: Woman gets cold while traveling on long-haul trip; only has a bag of black seeds with her and uses it for the cure.

Ms. J. is a 55 year-old herbalist/nutritionist, who suddenly was stricken with head congestion and flu-like symptoms. Desperate and having no other remedies with her she resorted to chewing and ingesting a small handful of black seeds every half hour. As a result, within a few hours she endured the full spectrum of flu symptoms. Yet, by the end of that nine hour drive all symptoms disappeared.

Treatment protocol

- oil of black seed: take a tsp. of oil of black seed three or more times daily; also rub the oil on the bottom of the feet, up-and-down the shins, and on the chest multiple times until the condition is reversed
- oil of wild oregano: a few drops under the tongue or as capsules multiple times daily until all symptoms are eliminated

- black seeds in raw honey: pack a jar of honey with black seeds, and consume a tsp. of this mixture several times daily

Tonsillitis

Black seed is a potent cure for this condition. Yet, so is oil of oregano. Ideally, the two should be used together to reverse it. As well, when black seed is taken, it directly attacks this syndrome, with its acrid, potent compounds coating the tonsils and throat, curbing inflammation while purging infection. In contrast, antibiotics are becoming increasingly ineffective for tonsillitis. Plus, they have the untoward consequence of causing immune suppression, along with yeast infections. This never occurs with black seed oil therapy, which, rather, leads to a bolstering of the immune response, while also aiding in inhibiting yeast overgrowth.

Children are the primary victims of this condition. Vaccines are a perpetrator, as these injections destabilize the immune system, increasing the vulnerability to tonsillitis attacks. As well, the tonsils must take on the burden of the infectious load, as they attempt to clear the vaccine-induced pathogens. The regular intake of black seed and its crude oil, along with oil of wild oregano, can prevent damage to the tonsils. This, then, will aid in preventing tonsillectomy.

Treatment protocol

- oil of black seed: tsp. two or three times daily, holding it against the back of the throat on the soft pallet as long as possible
- oil of wild oregano: five drops under the tongue multiple times daily
- juice or essence of wild oregano: half ounce twice daily

- black seed aqueous extract: T. twice daily
- mycellized black seed oil with wild oregano: 10 or more drops under the tongue frequently

Bronchitis

Regarding all bronchial complaints black seed is a dependable therapy. In bronchitis the cause is well established, which is fungal infestation. Even so, allergies play a key role, especially food intolerance, which is a greater factor than inhalant allergies. It is the intolerance to food which leads to congestion in the respiratory tract, particularly in the bronchial tract and sinuses. Despite this, the medical profession continues to take the wrong approach, which is to prescribe potent antibiotics for this condition. This can prove disastrous, as demonstrated by the following case history:

CASE HISTORY: Man given the wrong therapy for bronchitis and dies suddenly

Mr. T. was a 42 year-old man who suffered an acute attack of bronchitis. His physician prescribed a powerful antibiotic, Keflex, which led to a catastrophe. He worsened dramatically, was hospitalized, and died suddenly. The antibiotic was the fatal factor, as it caused the spreading of the existing fungal infection into the blood, causing mold-induced sepsis.

How unfortunate is this case, as this man's life would have been saved by the ingestion of black seed oil, along with oil of wild oregano, while also avoiding the erroneous approach of taking fungal-derived drugs.

Treatment protocol

- oil of black seed: tsp. twice daily or more often, if needed
- oil of wild oregano: five or more drops under the tongue multiple times daily
- juice or essence of wild oregano: 1/2 ounce two or more times daily
- black seed aqueous extract: T. twice daily

Pneumonia

Pneumonia is a major cause of fatality in the elderly, although the incidence is declining somewhat. It is a primary cause of premature death in hospitals. In particular, cancer patients, especially those on chemotherapy, commonly die, not necessarily from the disease itself but, rather, from pneumonia-related infections. These infections are often caused by suppression of the immune system as a result of drug therapy.

In fact, the hospital is the main domain for this condition. People are extensively compromised, especially those on immunosuppressive drugs or who have endured extensive surgeries. Plus, most of these patients are bedridden, which greatly adds to the risk. Oil of black seed is an easy-to-consume, effective natural remedy for pneumonia. The whole seed is also a potent therapy, as is a water extract. If consumed regularly, black seed fully protects against the occurrence of pneumonia and/or any other serious lung disease. As well, wild oregano oil must also be consumed, as it directly kills all germs which cause this condition.

Treatment protocol

- oil of black seed: tsp. multiple times daily until the condition is resolved
- oil of wild oregano: five or more drops under the tongue multiple times daily
- juice or essence of wild oregano: a half ounce two or three times daily or more often if the condition is extreme
- mycellized black seed with wild oregano and yacon: 10 or more drops twice daily

Earaches

In this plague, mainly affecting infants and children, no doubt, fungi play a significant role. This is particularly true of earaches which occur in those who have received multiple doses of antibiotics. These drugs readily induce a state of chronic fungal infection in the inner ear and about the Eustachian tube. As a result, there is much swelling and irritation, leading to pain and, thus, earache. With its pungent, aromatic power black seed and its oil act as decongestant agents. This makes them ideal for all conditions of the inner ear. It is also a modest antifungal agent, although the use of the aggressive killer of fungi, oil of wild oregano, greatly potentiates the results.

Black seed oil directly affects the ear canal and all its surrounding tissues, including the soft palate and sinus region. In the event of an earache it can be rubbed all about the ear, while also taken internally. Regarding internal consumption for best results the oil should be held in the mouth as long as possible, even pressed against the roof of the palate. In this regard for infants and children perhaps the

best type to use is the mycellized sublingual black seed-wild oregano drops.

Treatment protocol

- oil of black seed: for an infant or toddler take a few drops in raw honey as often as need or a few drops from a dropper bottle in the mouth, as tolerated; for an adult or teenager it may also be taken in raw honey or direct, a tsp. at a time
- oil of wild oregano: for infants or toddlers rub the oil about the ear area and on the tragus (do not put directly into the ear) and also on the bottom of the feet and up-and-down the shins and give internally, a drop or two in raw honey; for adults, also take it as sublingual drops, five more drops as needed
- mycellized black seed with wild oregano and yacon: 10 or more drops twice daily

Pulmonary hypertension

A potentially fatal condition associated with diseases of lungs and heart, this syndrome may involve scar tissue formation in the lung matrix. While the medical profession deems it incurable black seed and its oil are effective therapies, especially if taken in rather large amounts. Still other powerful therapies include oil of wild oregano, wild, raw chaga emulsion, and the aromatic essence of wild oregano. The condition may also be associated with nutritional deficiency, notably a deficit of vitamins A, C, and E. Moreover, it is directly related to infestation. The main perpetrators are black mold, yeasts, and parasites. This is why for reversing this syndrome it is necessary to combine black seed therapy with wild oregano extract therapy.

Treatment protocol

- oil of black seed: tsp. two or more times daily
- whole food black seed with *Rhus coriaria*, red sour grape, and brown cumin seed: two capsules twice daily
- black seed oil gelcaps with fennel and cumin seed oils: two or more capsules twice daily
- oil of wild oregano: 10 or more drops under the tongue three times daily
- essence or juice of wild oregano: 1/2 ounce twice daily
- PolarPower fatty salmon oil rich in vitamins A and D, along with a multitude of omega fatty acids: three or more capsules twice daily
- whole food vitamin C from wild camu camu, that is Purely-C: one or more capsules twice daily
- whole food vitamin E from sunflower seeds (that is Purely-E): 10 or more drops under the tongue twice daily or as gelcaps, one twice daily

Lung and/or bronchial cancer

A great plague of modern society lung/bronchial cancer is a leading cause of cancer-induced premature deaths. Held as incurable no one in medicine seems to realize the primary causes, which including chronic infection and toxic chemical overload. The two major types of lung cancer are non-small cell lung cancer and small cell lung cancer. The primary toxic cause is exposure to smoke through cigarette inhalation, secondhand smoke, and exposure to chemical toxins. Symptoms include cough, often with blood, chest pain, wheezing, and weight loss. These symptoms usually don't appear until the cancer is fully advanced. Black seed oil is a potent remedy for this condition as is oil of wild oregano and the aromatic waters of this spice.

Treatment protocol

- oil of black seed: tsp. two or more times daily
- whole food black seed with *Rhus coriaria*, red sour grape, and brown cumin seed: two capsules twice daily
- black seed oil gencaps with fennel and cumin seed oils: two or more capsules twice daily
- oil of wild oregano: 10 or more drops under the tongue three times daily
- essence or juice of wild oregano: 1/2 ounce twice daily
- PolarPower fatty salmon oil rich in vitamins A and D, along with a multitude of omega fatty acids: three or more capsules twice daily
- whole food vitamin C from wild camu camu, that is Purely-C: one or more capsules twice daily
- whole food vitamin E from sunflower seeds (that is Purely-E): 10 or more drops under the tongue twice daily or as gencaps, one twice daily

Chapter Eleven

Joints, Muscles, and More

Chronic pain, along with various muscular and structural disorders, is the bugaboo of modern civilization. “Oh, I hurt so badly; I’m suffering so much,” people commonly say. Even so, who does not have at least a degree of chronic pain and/or muscular discomfort? The fact is it is an absolute pandemic. No wonder opiate addiction is an international crisis, leading to much despair and even sudden death. Thus, joint and muscular disorders are, now, a most extensive cause of disability and degeneration.

Muscle aches and back aches

As a rule black seed oil should never be heated: except for medicinal purposes. Mildly heating the oil before applying is a positive technique for aches and pains.

For a number of reasons black seed is an essential therapy for disorders and/or imbalances in the nervous system. Yet, it is also therapeutic for conditions involving the muscles and joints. As well, it makes an ideal rub for sore muscles that occur from overexertion or athletic activity.

Treatment protocol

- oil of black seed: tsp. twice daily; also rub the oil topically, as needed
- wild, raw, supercritical turmeric extract as sublingual drops: 40 drops twice daily
- oil of wild oregano, super-strength: 5 to 7 drops under the tongue once or twice daily, also use topically, as needed

Bell's palsy

In Bell's palsy black seed oil is invaluable for a number of reasons. It can be taken internally to reduce inflammation and irritation but can also be applied topically over the face for this purpose. Both the seed and its oil can also be consumed internally for bolstering the immune response. In this regard it must be realized that Bell's palsy is caused by infectious attack against the brain and, particularly, the facial nerve, notably by viruses but also by the notoriously noxious Lyme spirochete. These pathogens invade the facial nerve and its ganglion, where they cause vast inflammation. The pathogens must be categorically purged from the tissues in order for the condition to be reversed. Thus, oil of wild oregano is an essential therapy, as is the essence or juice of wild oregano. For additional power in halting inflammation wild turmeric extract or other potent turmeric supplements must be consumed.

Treatment protocol

- oil of black seed, premium quality, highly aromatic: 2 T. twice daily.
- edible, daily use wild oregano oil: 5 to 10 drops under the tongue multiple times daily
- juice or essence of wild oregano: one or two T. two or more times daily

- highly antiinflammatory enzyme complex with ginger, bromelain, and papain: two or more capsules twice daily
- wild, crude whole food turmeric complex as sublingual drops: 20 drops under the tongue multiple times daily
- mycellized black seed with wild oregano and yacon: 80 or more drops twice daily

Muscle aches and back aches

Along with other natural remedies black seed finds significant use in joint disease. This is particularly true of inflammatory joint diseases such as rheumatoid arthritis and osteoarthritis. The fact is black seed is a powerhouse for such conditions, although its efficacy is enhanced by the addition of extracts of turmeric as well as natural medicines derived from wild rosemary, oregano, and sage. One novel value of black seed is the fact that it can be taken internally, both as the aromatic seeds and oil, but also applied, via the oil, topically. Rubbed or held against the sore/inflamed joint it does aid in achieving immediate relief, which is always facilitated through internal consumption.

Treatment protocol

- oil of black seed, premium quality, highly aromatic: one T. once or twice daily.
- bone activating rubbing oil: use topically as often as needed
- wild, raw turmeric sublingual drops, mycellized for optimal absorption: 40 or more drops twice daily
- highly antiinflammatory enzyme complex with ginger, bromelain, and papain: two or more capsules twice daily
- mycellized juice or essence of black seed oil: one or two T. daily

Athletic strength and energy

No doubt, black seed is one of the most important natural complexes for revitalizing the energy of the body while also giving the body much strength. This makes sense, since it strengthens and tones the heart muscle. If the heart is weak, the entire body becomes weak, which is yet another dictum of the Islamic Prophet, who was the first to mention this connection. As well, because of its rich content of the ubiquinone thymoquinone black seed offers significant powers in cellular metabolism, vitalizing it throughout the body. Thus, it is common to experience increased physical strength and energy from its intake. For best results it must be taken daily, especially by those who have a heavy workload, individuals whose work is highly physical, and athletes. As well, anyone who is weak and who suffers low energy should use it to increase overall vitality. For a quick burst of energy and for use during athletic events the mycellized sublingual drops are the ideal blend containing organic, raw yacon and wild oregano oil.

Treatment protocol

- oil of black seed, premium quality, highly aromatic: tsp. once or twice daily or for those under heavy exertion, T. once or twice daily
- whole food black seed with *Rhus coriaria*, red sour grape, and brown cumin seed: two capsules twice daily
- black seed oil gelcaps with fennel and cumin seed oils: two or more capsules twice daily
- mycellized juice or essence of black seed oil: one or two T. daily
- sublingual mycellized black seed oil drops, maximum absorption, with raw, organic yacon and mycellized wild oregano oil: 40 or more drops under the tongue as needed

Chapter Twelve

Healthy Detoxification

The accumulation of toxins in the body is a primary cause of serious disease, including the major killers: heart disease, cancer, and diabetes as well as inflammatory conditions, like arthritis. The person should do all that is possible to purge noxious poisons from the body, including residues of synthetic chemicals and heavy metals. Yet, what is healthy detoxification? It is the cleansing of the body of all that is poisonous and noxious. This is precisely what black seed and its expressed oil achieve. A list of the toxic/noxious poisons to which individuals are subjected include the following:

- pesticides
- herbicides
- fungicides
- dioxins
- heavy metals
- drug residues (as contaminants in food and water)
- prescription drugs
- PCBs
- bisphenols
- radiological toxins

- solar irradiation
- venom (from bites)
- allergens
- mycotoxins

Pesticide /herbicide intoxication

Who in this world is not intoxicated by these wretched chemicals? Residues of pesticides and herbicides, as well as fungicides, are found in all humans. Heavy levels are associated with a variety of syndromes and diseases, including chronic fatigue, autoimmune diseases, inflammatory conditions, neurological diseases, diabetes, prostate conditions, and cancer. For the achievement of optimal health it is essential to purge such residues from the body. Black seed oil is essential for this process. It can be taken internally and also used in oil-pulling in the mouth/gums, which aids in the removal of such toxins through the oral membranes.

Residues of pesticides and herbicides are, essentially, silent killers. In most cases virtually no one knows they have consumed them. Rarely, consumption leads to significant symptoms such as headache, stiffness, stomachache, spastic colon, muscular pain, numbness/tingling, fatigue or sluggishness, and vague digestive upset. Who would relate this to such chemical poisoning? People consume these invisible poisons, unsuspectingly, through food, beverages, and water, also breathing it, directly, through the air, the latter occurring from exposure after the application of pesticides and herbicides.

Ingestion, though, is a major cause of chronic intoxication. In this regard it is crucial to know how to avoid heavy and/or repeated exposure. Certain foods are ultra-

contaminated with these chemicals, in some cases multiple types of them. In particular, there is that ultra-noxious herbicide glyphosate—Monsanto’s RoundUp—which taints virtually all commercial foods, particularly commercial vegetables and fruit.

A list of foods commonly tainted with significant residues of pesticides and herbicides includes:

- strawberries
- red bell peppers
- watermelons
- apples
- peaches
- nectarines, particularly imported varieties
- spinach
- celery
- snap beans (imported varieties)
- cucumbers
- potatoes

In virtually all cases when these foods are consumed the person is ingesting measurable residues of pesticides, in particular, and in some cases herbicides. For instance, 100% of all imported nectarines test positive for pesticides, while 99% of all American-grown commercial apples are tainted. Though it is little realized, by weight, commercial potatoes contain a greater density of pesticide residues than any other food. This means that the majority of commercial potato foods, like baked potatoes, French fries, and hash browns, are tainted. In addition, tests showed that commercial collard greens, kale, and red peppers were contaminated, although less so than the others on the list.

People who have routinely consumed such foods should be on-guard. All such individuals are candidates for the consumption of black seed formulas, the whole cold-pressed oil, the pulverized black seed capsules with red sour grape and *Rhus*, and the total body purging agent.

Treatment protocol

- oil of black seed: 2 tsp. or more twice daily
- total body purging agent: one or more ounces in the a.m. on an empty stomach
- wild, raw dandelion root plus leaf extract: one-half ounce or more daily
- toxin-binding and -purging capsules with calcium bentonite, chlorella, and sodium alginate: two or more capsules twice daily
- whole food black seed with *Rhus coriaria*, red sour grape, and brown cumin seed: two capsules twice daily

Radiation intoxication

Intoxication by radiation is an extremely common corruption upon human beings. The dilemma is radiation is an invisible poison. Plus, when it strikes, no one can readily sense it. Primary sources of this intoxication are nuclear power plant accidents, notably from Chernobyl, Three Mile Island, the Simi Valley nuclear catastrophe, and Fukushima. Such nuclear accidents lead to contamination of the water and food with radioactive ions encased in ceramic matter. These ions become, through ingestion or inhalation, trapped within the tissues, where they may induce cancer and other diseases. Black seed oil aids this by purging such ions from the body, as does the pulverized seed complex, particularly when combined with red sour grape and *Rhus coriaria*. Rich

in organic acids, both red sour grape and the rhus are efficient purging agents of radiological toxins.

Treatment protocol

- oil of black seed: one tsp. or more twice daily
- pulverized black seed with red sour grape and *Rhus coriaria*: two or more capsules twice daily
- oil of black seed gelcaps with oils of cumin and fennel: two or more capsules twice daily
- total body purging agent: one half ounce or more once or twice daily

Obesity

In a sense obesity is a toxic disease. It is surely associated with the accumulation of poisons in the liver and fat cells. As well, the intake of noxious and potentially toxic foods and food additives greatly aggravates the dilemma. Black seed oil's weight loss actions largely result from its powers versus syndrome X, which is associated with the deposition of fat in the peritoneum or front of the abdomen. Black seed and its extracted oil, as well as the cold water extract, help stabilize the function of the liver and pancreas, positively affecting blood sugar. Plus, its antioxidant properties help block inflammatory reactions within the cells, which leads to water/fluid accumulation. Additionally, black seed, being a pungent spice, has a generalized action on speeding metabolism, while also reducing overall appetite. The oil itself is an aggressive weight loss-inducing agent, where it causes a significant increase in monthly weight loss, while toning the muscles and reducing waist size. The combination of mycellized black seed oil plus raw, organic

yacon syrup is particularly potent as a black seed-based weight loss agent.

Treatment protocol

- oil of black seed: 2 tsp. twice daily
- pulverized black seed capsules with *Rhus coriaria* and red sour grape: two or more capsules twice daily
- black seed oil capsules with organic fennel seed and cumin seed oils: two or more capsules twice daily
- sublingual mycellized black seed oil drops, maximum absorption, with raw, organic yacon and mycellized wild oregano oil: 40 or more drops under the tongue as needed

Chapter Thirteen

Hormones and Vital Force

Black seed has direct actions on the hormone system. In particular, it enhances vital force, that is it helps balance endocrine function. It even reportedly aids in sexual potency and prowess. Additionally, it boosts overall hormonal health, aiding in the function of key endocrine glands, for instance, the pituitary, pineal, thyroid, adrenals, and ovaries. This is largely a consequence of its dense content of prehormones in the form of plant sterols. There is also a high density in black seed of B complex vitamins, which are much needed for endocrine enhancement. Nigella seed's potent, aromatic compounds, such as thymoquinone, carvacrol, and nigellone, bolster endocrine gland function by acting as stimulants to hormone gland secretion while also aiding in the production of hormone molecules such as adrenalin, cortisone, and insulin.

Menstrual health

Black seed is a powerful tonic for aiding healthy menstruation. In fact, it helps regulate periods, aiding in balancing excessive or insufficient menstruation. Its rich content of sterols acts to directly feed the ovaries, boosting

function. It also reverses a variety of common gynecological conditions, including painful ovaries, menstrual cramps, vaginal discharge, ovarian disruption or weakness. Historically, it has been used for eradicating ovarian cysts. It is particularly valuable for regenerating a normal menstrual cycle in the case of failed menses, known as amenorrhea.

Treatment protocol

- oil of black seed: tsp. or more daily
- pulverized black seed capsules with *Rhus coriaria* and brown cumin seed powder: two or more capsules twice daily
- black seed oil capsules with oils of fennel and cumin seed plus wild rosemary oil: two or more capsules twice daily

Pregnancy support

A number of scientific studies have demonstrated a benefit from taking black seed as well as the expressed oil. In this regard in reasonable amounts it is completely safe for consumption in this condition. Ideally, it should be consumed in both the oil form, a teaspoonful daily, and as the pulverized seed complex with red sour grape. For pregnant women black seed and its oil are non-toxic. Thus, these spice-based supplements/foods can be taken on a daily basis. Plus, they are invaluable, as they aid in balancing the hormone system, while protecting key organs from toxicity. In the case of black seed and its oil these offer powerful protection against pregnancy-induced overload and toxicity to the liver and kidneys as well as the heart. In fact, black seed and its oil are potent antihypertensive agents and, thus, help protect against eclampsia and preeclampsia.

Treatment protocol

- oil of black seed: tsp. daily
- pulverized black seed with red sour grape and *Rhus coriaria*: two or more capsules twice daily
- black seed gelcaps with fennel and cumin: two daily

Breast feeding and poor breast milk

Black seed and its oil are, perhaps, the most potent of all natural complexes for boosting breast milk formation. This has been also demonstrated in animals. For instance, in goats the intake of a modest amount, about 10 or more grams daily, led to a “significant enhancement” of milk production. This is an astounding result, considering the tiny dose consumed. Moreover, clearly, this positive benefit is related to the dense amount of fixed oil components within black seed: the plant sterols and saponins, which vigorously boost breast milk production.

Treatment protocol

- oil of black seed: tsp. or more twice daily
- pulverized black seed with red sour grape and *Rhus coriaria*: two or more capsules twice daily
- black seed oil gelcaps with oils of fennel seed and cumin seed: two or more capsules twice daily
- royal jelly plus fenugreek and raspberry leaves capsules with wild kelp (that is Acti-Fem): two capsules twice daily or in extreme cases, three capsules twice daily

Infertility

As a desert/Mediterranean-source seed, nigella has a potency which is rare. This includes the capacity to regenerate the fertility system. Seeds must reproduce. Thus, they are, as a rule, rich sources of hormones as well as substances known as pre-hormones. Furthermore, the seeds of flowering plants, such as those of nigella and rose—rose hips—are more potent inducers of fertility than mere nut-like seeds such as sunflower seeds and pine nuts, although these, too, are fertility complexes. There can be no question that black seed and its expressed oil, as well as a water extract, are essential therapies for restoring normal fertility. Use them vigorously in order to induce healthy fertility and revive the potential for induction of fertilization. Additionally, fennel is a fertility factor, as is fenugreek. Use these, too, to bolster a healthy fertility response.

Treatment protocol

- oil of black seed: two or more tsp. twice daily; it may also be placed in the vagina for direct absorption
- pulverized black seed with red sour grape and *Rhus coriaria*: two or more capsules twice daily
- high-quality royal jelly capsules with wild rosemary and sage, that is Royal Power: two capsules twice daily
- oil of edible fennel in an extra virgin olive oil base: 20 or more drops twice daily

Impotence

Besides improving fertility and breast milk production in females black seed also works directly on the male sex glands. In a number of studies it has been shown to boost

sperm count. In merely two months when taken daily, semen production was found to increase significantly. Both the seed and the oil extract are effective in this regard. Sperm production is enhanced by the simultaneous intake of organic-source fennel seed and cumin seed oils, available in Oil of Black Seed spice oil-enhanced gelcaps. Fennel seed oil is a major fertility factor for females as it helps normalize healthy estrogen levels.

Treatment protocol

- oil of black seed: one to two tsp. daily
- whole food black seed with red sour grape and brown cumin seed powder: two or more capsules daily
- oil of black seed capsules with organic cumin seed and fennel seed oils: two or more capsules daily
- high-quality royal jelly capsules with wild rosemary and sage, that is Royal Power: two capsules twice daily
- oil of edible fennel in an extra virgin olive oil base: 20 or more drops twice daily

Chapter Fourteen

Skin, Hair, and More

Since the beginning of civilization black seed and, in particular, its cold-pressed oil has been used as a treatment for skin, as well as scalp, disorders. It has also been used extensively for beautification. The ancients knew this well, with the women of Pharaonic times relying upon it, a fact which could well explain their beauty secrets for preventing age-related damage. After all, the plant does grow extensively throughout the Egyptian region. Since antiquity Egyptian women have used the oil as a beauty tonic through direct application to the face, neck, and hands. Now, as a result of scientific investigations it is known that black seed is not merely a beauty secret but is, as well, a major natural medicine for the treatment of skin and scalp disorders.

People, today, must take advantage of it. The fact is, it is so easy to use. All a person has to do is rub the oil on the skin for its tonic effects. For beautification and overall skin health once a day or even every other day is sufficient. This is complemented by internal consumption, about a teaspoonful daily or every other day.

Acne

An excellent remedy for acne, this is largely a result of its thymoquinone content. It works best if combined with wild oregano oil, the latter being a powerful antiseptic for destroying the pathogens involved in acne lesions. Regardless, this condition is a direct result of inflammation within the skin tissues, which leads to break-outs. Yet, within the facial ducts and the various skin glands there is also infection, often by staph and also candida. With powerful regenerative, anti-infective, and antiinflammatory properties black seed oil is the ideal topical as well as internal treatment. It has a special property of deep cleansing of facial pores. Regular use leads to a dramatic cleansing action on these pores, causing them to be decongested and purified. This aids in the elimination of unsightly lesions such as acne and boils. Furthermore, regular intake of both the seeds and the expressed oil causes clearance of skin blemishes, as well as toxic acne lesions, and ultimately gives the skin a soft, natural glow. Part of this is a result of the dense amount of sterols, needed for nourishing and vitalizing both skin cells and sebaceous glands. Regardless, what else could be expected from an oil fit for the greatest kings and queens of the land?

Treatment protocol

- oil of black seed: apply topically, once daily; also take internally, one or two tsp. once or twice daily.
- oil of wild oregano, regular strength: five to ten drops under the tongue twice daily, also apply topically with the black seed oil
- black seed oil gelcaps with oils of fennel and cumin seed: two capsules daily

Vitiligo

The primary cause of this condition is fungal infestation of the skin, which leads to destruction of its pigment-producing cells, the melanocytes. Other factors include weakness of the pituitary and adrenal glands. As a natural source of the pigment melanin black seed is one of the few plant medicines which is routinely effective against vitiligo. This is true of both topical and internal use. Rubbed topically, the naturally occurring melanin will penetrate the skin, aiding in re-pigmentation. This treatment also acts as antifungal therapy for the skin layers. Even so, black seed and its expressed oil should also be taken internally in rather considerable amounts.

Another treatment for this condition is wild chaga, yet another melanin-rich complex. Like black seed oil, the chaga should be used topically, for instance, as ChagaHeal cream, as well as taken internally.

Treatment protocol

- oil of black seed: apply topically once daily or once every other day; also take internally, one or two tsp. once or twice daily
- oil of wild oregano: five to ten drops under the tongue twice daily; also apply topically, as needed
- pulverized black seed with red sour grape and brown cumin seed: two or more capsules twice daily

Hair loss

Black seed oil has the rare property of causing hair follicle growth. This is largely a result of its rich content of waxes or sterols. It also has the capacity of killing noxious pathogens, which invade the hair root area, including fungi

and mites. Its dense content of nutrients, for instance, vitamin E and B complex, helps spur the growth of new hair cells. Topically, it has immense powers for hair health, stimulating new growth and also nourishing existing hair shafts. It also helps purge dandruff, which contributes to hair loss. The sterols in black seed are exceptionally powerful in boosting the health of the scalp and hair roots, increasing follicular strength while boosting the rate of growth, in some cases dramatically so. For optimal results it should be applied on the hair on a daily or every-other-day basis. The action of black seed oil is enhanced by oils of wild oregano, sage, fennel seed, and rosemary, as found in ScalpClenz rubbing oil.

Treatment protocol

- oil of black seed: rub vigorously into the scalp once or twice daily, ideally along with ScalpClenz rubbing oil; also, use the highly nourishing ScalpClenz shampoo and conditioner system

Burns

For burns of all types black seed oil is an invaluable remedy. As a result of its rich content of antiinflammatory compounds and wax-like sterols it greatly soothes burns, acting as an emollient. Taken internally, it helps speed the healing of burns, including large scale types from major fire damage. Its action topically is enhanced by the addition of oil of wild oregano, about five drops per T.

Treatment protocol

- oil of black seed: apply to the burn, as needed, ideally with oil of wild oregano. For severe burns the oil, along with wild

oregano oil, may also be taken internally. Other supplements that aid in burn healing are royal jelly and natural, whole food-source vitamin C, that is from camu camu and/or acerola cherry.

Moles

Moles become problematic, particularly when they change in shape and color, which is often a precursor to cancer. Even so, they are often unsightly, so it would be ideal to have available a natural cure for eliminating them. Because of its rich content of antioxidant phenols, as well as melanin, black seed oil can help in this regard. Regular application of the oil can in some cases cause the removal of moles. The oil is most potent when combined with wild oregano oil. Ideally, the wild oregano oil should be combined with the black seed oil therapy for best results. A special kind of wild oregano oil is available for purging moles. This is supercritically extracted oregano, combined with CO₂-extracted cannabis, known as Hempanol SuperStrength. It, too, can be applied topically to eradicate these lesions and can also be used for more severe conditions, like skin cancer.

Treatment protocol

- oil of black seed: saturate the mole(s) with oil of black seed and also take it internally, one tsp. or more daily; also, take oil of wild oregano, five to ten drops twice daily, while also apply this topically, the super-strength form being ideal
- supercritically extracted wild oregano plus CO₂-extracted, organic cannabis: take 20 drops twice daily and also use topically by saturating cotton and applying or rubbing on two or more times daily

Insect bites

Regardless of the skin complaint black seed oil is soothing. This includes insect bites. Whether bitten by mosquitoes or other insects the application of the oil will prove soothing, while relieving pain and itching. Traditionally, for instance, in the Middle East, it is used for this purpose and is known also as a topical anti-venom. Other potent Mediterranean-source oils include wild oregano oil, lavender oil, and bay leaf oil, all of which fight itching and inflammation, while neutralizing venom.

Treatment protocol

- oil of black seed: saturate any insect bite or venomous bite with the oil repeatedly until the condition is resolved
- oil of wild oregano: saturate the bite/venomous lesion repeatedly until full recovery is achieved and also take the oil internally, five drops multiple times daily

Dry mouth and dry eye syndrome

Dry mouth and dry eye syndrome has a number of causes, one of which is nutritional deficiency, for instance, from a deficit of essential fatty acids. Yet another cause is a lack of B complex. In this regard it is the food-source B vitamins that are lacking. To take the chemical forms, as are found in the typical nutritional supplements, is of no consequence. Even so, fungal infection is another major element, particularly by the yeast *Candida albicans*. Yeast infestation is a common cause of dry eye syndrome and also dry sensations of the mouth. When these regions become deficient in essential fatty acids, they readily become infected by yeasts. Another deficiency that is related to yeast

overload is vitamin A deficit. This vitamin is necessary for optimal immune protection of the oral and ocular membranes, for instance, through the production of the highly protective antibody secretory IgA. Thus, in order to reverse this condition vitamin A intake must be increased. Black seed oil is a modest antifungal agent and is also an excellent emollient for soothing irritated membranes. Thus, it is an ideal treatment for this condition. For extreme cases the intake of oil of wild oregano is advised, as this oil will destroy the invasive fungi, including candida.

Treatment protocol

- oil of black seed: tsp. black seed oil once or twice daily
- oil of wild oregano: five to ten drops twice daily
- whole food essential fatty acid formula, that is PureOmega: T. once or twice daily
- whole food, wild sockeye salmon oil rich in vitamins A and D: tsp. or two daily or 6 gelcaps daily

Seborrhea and dandruff

Both seborrhea and dandruff are related to nutritional deficiency. The main nutrient deficits include a lack of riboflavin, pyridoxine, zinc, and essential fatty acids. When deficiencies occur, the tissues of the scalp break down, increasing the vulnerability for fungal invasion. In fact, fungal infestation is routine in these conditions.

The hair follicles are greatly in need of a protective layer, and much of this protection arises from steroid molecules such as cholesterol. Yet, plant sterols, as found in black seed, mimic the role of cholesterol as a nourishing and protective agent. Plus, black seed oil contains a number of

antiseptic compounds, including carvone, carvacrol, thymol, and thymoquinone, which aid in the destruction of scalp fungi. The powers of black seed oil are synergized through the intake of wild oregano oil as well as its use topically.

Treatment protocol

- oil of black seed: rub topically and also take internally, one or more tsp. daily
- oil of wild oregano: take five to ten drops twice daily and also apply topically to burn out the scalp fungus
- ScalpClenz rubbing oil and shampoo/conditioner: use the oil on the scalp at night and leave on with shower cap, then wash off the next day using the shampoo and conditioner

Scar prevention and treatment

There are a number of conditions where scars can readily form, for instance, as a consequence of burns and also in the process of wound healing. As well, chronic cystic acne readily leads to scar formation. Then, too, there are those who readily form keloids, often from even modest trauma. Black seed oil provides much power to prevent and/or reverse this. It is a top-quality emollient, which is highly nourishing to skin cells. Moreover, because of its rich content of biologically active sterols, that is waxes, it efficiently prevents scar formation and in some cases can be used to minimize and/or soften existing scars. In scar treatment/prevention the powers of black seed oil are synergized through the simultaneous use of oils of wild oregano and lavender.

Regardless of the cause black seed oil is a remedy for scars. In acute, healing wounds it helps minimize or block

scar formation. If used during the early phase, it can prove valuable for reversing or minimizing scar tissue production.

Regarding sunburn, black seed has both therapeutic and preventive actions. Studies have demonstrated that the oil has a protective power against exposure to gamma radiation from exposure to UV light. Those who took black seed oil on a daily basis had much less damage to their skin than those who consumed none. This would indicate that anyone who is subjected to high amounts of radiation would be greatly protected through oil of black seed intake.

Treatment protocol

- oil of black seed: apply topically multiple times daily and also take a tsp. or more daily
- oil of wild oregano: apply topically as often as possible; also take internally, five or more drops twice daily

Excessive wrinkles

It is well established that black seed oil is an anti-wrinkle treatment. This is true of both topical and internal use. The images of the face of Queen Nefertiti plus the legendary beauty of Cleopatra are largely proof of this. Regardless, black seed oil contains precisely the right types of chemical substances to achieve this. Other oils which fight excessive wrinkles include wild sage, bay leaf, lavender, myrtle, and oregano oil, virtually all of which are in a high-quality, sophisticated medicinal cream, known as ChagaCream facial treatment.

Treatment protocol

- oil of black seed: apply as needed directly to the face and forehead, as well as over the neck and hands, once or more

daily; also, take the oil internally, one tsp. or more daily

- black seed oil gels with oils of cumin seed and fennel: two or more capsules twice daily
- ChagaCream facial treatment system: apply topically at night as often as desired; beware of staining from brown chaga pigments

Sunburn

As mentioned previously in sunburn black seed oil is tremendously powerful. Yet, once again, its efficacy is enhanced through the simultaneous use, as well as intake, of wild oregano oil. Yet another potent oil which helps reverse sunburn is oil of wild lavender. Note: no essential oil should be used straight and undiluted on the skin tissue, particularly on damaged skin. Thus, these oils must be used as a heavy oil emulsion, for instance, Lavenol and Oreganol, where extra virgin olive oil is used as the carrier. In this form they can be used repeatedly until the sunburn is healed.

Treatment protocol

- oil of black seed: gently apply on sunburned area multiple times daily; also, consume it internally, a teaspoon twice daily
- oil of wild oregano (wild Oreganol P73 daily use type): apply on the skin as often as needed, also using the wild Oreganol P73 cream, if desired, also adding oil of wild lavender in an extra virgin olive oil base, that is Lavenol, if needed

Psoriasis

One of the greatest areas of benefit for black seed is the treatment of inflammatory skin conditions such as psoriasis. Here, it has efficacy both internally and externally. To

understand its role the pathology behind psoriasis must be reviewed. In many cases the disease is caused by infestation, notably by intestinal flukes and also by various fungi and yeasts. For psoriatics the immune burden can be great, leading to vast inflammation in the skin tissues, as the skin responds to internal toxicity.

One of the greatest perpetrators of psoriasis is intestinal flukes, which may also infect the liver, where they are known as liver flukes. In this condition patients may be infected by these organisms in both the gut and the liver as well as the gallbladder. These flukes secrete inflammatory compounds which lead to skin disease. Destruction of the flukes causes the psoriasis to fall into remission, in fact, to be cured. Oil of black seed and the whole, pulverized seed are among the most broad-spectrum antiparasitic agents known. Studies have shown that black seed or the pulverized/crushed seed is effective against another psoriatic agent, *Schistosoma mansoni*. In an in vitro study exposure to the parasites demonstrated in rather modest concentrations a 50% to 100% kill rate. Exposure of the adult male and female worms to seed powder also induced up to a 100% mortality.

A mechanism for this was determined. Components of the seed blocked energy production within the parasites, essentially causing them to starve to death. Furthermore, components of black seed, notably the isoquinoline alkaloids, are directly toxic to such worms, causing their sudden death. Through the same mechanism black seed and its expressed oil destroy intestinal, as well as liver, flukes.

The water extract, rich in alkaloids, is also highly antiparasitic. An ounce twice daily of such an extract clinically aids in purging and destroying intestinal worms.

For optimal results the take the pulverized seed in capsules with brown cumin and red sour grape with black seed oil. Additional action can be achieved by the intake of black seed capsules fortified with brown cumin and fennel seed oils, a highly anti-parasitic, anti-psoriatic formula.

While internal treatment is crucial, topical administration should not be neglected. The oil itself is highly soothing and, thus, has value as a topical agent. Yet, there is much more to this than its value as an emollient. Black seed and its extracted oil directly attack the cause of this condition, which is destructive inflammatory disease of the gut. This may explain the value of the total body purging complex in reversing this disease, as black seed oil is one of its key active ingredients.

Even so, there are relatively few natural remedies which are dependable cures for psoriasis. Among those few are Black seed and its expressed oil, along with the total body purging agent. For instance, in one rat study it was found that an alcoholic extract of nigella seeds had “anti-psoriatic properties” and was sufficiently potent to relieve all the standard symptoms associated with this disease, in this case through topical application. It was determined that when it was applied on skin lesions, it clearly relieved psoriasis-induced skin inflammation, along with reducing skin redness. It was also determined that black seed is a moisturizing agent. Psoriasis is characterized by skin dryness. The essential fatty acids and also the monounsaturated fats contained in black seed oil nourish and moisturize the skin deeply. These oils, when absorbed, also help reverse the infection typically seen in psoriatic lesions, particularly fungal invasion.

There is another property of black seed oil that is of value to psoriatics. It helps reduce psoriasis-induced hair loss from the scalp. Bald or near-bald spots can develop from this

disease. Regular application of black seed oil both reverses and prevents this. Black seed oil strengthens the hair follicles, making the roots stronger. The result is a reduction of hair loss.

Other natural complexes which are anti-psoriatic include wild chaga. The chaga is most potent when consumed in the raw state, ideally as water-miscible sublingual drops. Yet another potent, raw form is wild chaga capsules complexed with wild birch bark and oregano. Chaga is rich in an anti-psoriatic enzyme known as ergosterol syntase, needed for proper vitamin D metabolism. It is also a dense source of beta glucan and superoxide dismutase, both of which act to induce healing in damaged, inflamed skin.

Treatment protocol

- oil of black seed: T. two or more times daily
- black seed oil gelcaps with oils of cumin seed and fennel: three or more capsules twice daily
- wild, raw chaga sublingual drops: 40 to 80 drops twice daily
- black seed oil-containing total body purging agent: one or more ounces daily
- wild, raw chaga-birch bark capsules with wild oregano: two or more capsules twice daily

Eczema

For eczema, too, black seed oil is beneficial. This is true of both internal and topical treatment. This was demonstrated through a study by Iranian investigators, who discovered that black seed oil is highly effective, topically. These investigators found in the case of hand eczema it's equal in efficacy for reducing severity, itching, and unsightly lesions, in this case versus hand eczema as the cortisone-based drug betamethasone.

No doubt, eczema is a potentially painful, disabling condition. The itching and irritation can be extreme. The inflammation is often extensive, leading to severe itching and, ultimately, excoriation. This can lead to unsightly lesions and even scarring. No doubt, the consumption of refined sugar is an agitating factor, as is the intake of GMOs. To treat this condition all refined sugar and GMOs must be purged from the diet. As well, once again, wild chaga should also be used but mainly in the raw state, as in Chag-o-Power drops.

Treatment protocol

- oil of black seed: tsp. or more once or twice daily, also use topically, as needed
- oil of wild oregano: five or more drops under the tongue two or three times daily, also use topically, along with the black seed oil
- wild, raw chaga as sublingual drops: 40 drops twice daily

Beard health and growth

Oil of black seed is an ideal remedy for the health of the beard. It stimulates growth of facial hair, while also soothing underlying skin. Black seed may help reduce excessive greying of beard hairs. Simultaneously, it moisturizes both the hair growth and underlying skin. It works best when used with small amounts of oil of wild oregano and rosemary oil, as found in some types of oil of black seed and also as found separately in extra virgin olive oil emulsions.

Treatment protocol

- oil of black seed (ideally complexed with oils of wild rosemary and oregano): rub topically once or twice daily; also, take a tsp. of the oil once daily

Gingivitis

Oil of black seed is one of nature's most powerful remedies for this condition. It fully alleviates virtually all gum disorders, including infections. With painful, swollen gums topical application of the oil may result in immediate relief. Here, it can be also used as an oil-pulling agent. An ideal formula can be made by combining black seed oil with raw coconut oil in a 50/50 ratio. The pulling should be done for a goodly amount of time, at least 10 minutes, after which the material should be spit out.

Treatment protocol

- oil of black seed: rub topically once or twice daily, also using it as an oil pulling agent, along with raw coconut oil, once every morning or every other morning, the length of the oil-pulling being at least 15 minutes

Visual disorders (in general)

For all visual disorders black seed and its expressed oil is adjunctive therapy. For visual disorders use black seed oil with carrot juice. Simply mix a tablespoonful of the oil in 12 ounces of carrot juice. To fortify this even further add an ounce or two of juiced spinach, the latter being rich in lutein, a powerful natural substance for fighting age-related visual decline.

Treatment protocol

- oil of black seed: tsp. daily, ideally in carrot juice or carrot/spinach juice
- pulverized black seed capsules with red sour grape and *Rhus coriaria*: two or more capsules twice daily
- bilberry-purple corn combination: three capsules twice daily

- whole food vitamin E complex as sublingual drops: 20 or more drops twice daily
- mycellized juice or essence of black seed oil: one or two T. daily

Cataract

Historically, black seed has been used to combat cataracts. The primary method is to put the finely powdered seed in the eyes, which has been noted to be effective, especially in the early stages of this disease. Positive effects are likely a consequence of the rich content of plant sterols, which are much needed to regenerate the lens tissue. In fact, much of the lens is constructed of a specialized steroid-like molecule known as lanosterol. As well, the black seed-based antioxidant thymoquinone exerts significant antioxidative powers to block lens tissue oxidation. Additionally, the oil may be rubbed about the eyes and also on the eyelids.

For internal therapy one simple means of creating an eye tonic is mixing organic carrot juice with black seed oil, about a teaspoon per cup. To make the tonic even more potent organic spinach juice, rich in eye-healthy lutein, can be added.

Treatment protocol

- oil of black seed, ideally in carrot/spinach juice, one T. daily; also, rub the oil about the eyes and eyelids once or twice daily
- pulverized black seed with red sour grape and *Rhus coriaria*: 3 capsules twice daily
- bilberry-purple corn with wild camu camu powder: three capsules twice daily

Macular degeneration

Like cataracts, macular degeneration is a plague of modern

civilization. It is manifested by the deterioration of a key portion of the retina, the central one known as the macula. This center is responsible for the focusing of central vision in the eye, where it controls the ability to read, focus, drive a car, and recognize colors or faces.

As a rule, there are no medical treatments for this condition. Other natural complexes which aid in the prevention and reversal of this condition include red sour grape powder, bilberry extract, wild blueberry concentrate/extract, lutein, astaxanthin, zeoxanthin, Amazon purple corn extract powder, beta carotene, whole food vitamin C, and whole food vitamin E.

Treatment protocol

- oil of black seed, ideally in carrot/spinach juice: tsp. twice daily
- pulverized black seed with red sour grape and *Rhus coriaria*: three caps twice daily
- bilberry-purple corn combination: three capsules twice daily
- whole food vitamin E complex as sublingual drops: 20 or more drops twice daily
- whole food wild, raw berry complex as sublingual drops (that is BerriMax drops): 40 to 80 drops twice daily
- whole food fatty salmon oil rich in vitamin A and also astaxanthin: three capsules twice daily

Headaches

As a rule headaches of all types are aided by aromatic oils, and oil of black seed oil is no exception, being used in the treatment of this condition since antiquity. Migraines, in particular, respond to this natural medicine, largely because of its powerful actions on the digestive tract. Yet, painful headaches also respond to the ingestion of the seeds, which

can be chewed to have an aromatic action against migraine pain. Additionally, the finely crushed black seed, combined with brown cumin and red sour grape, is an ideal supplement for these conditions, the brown cumin and red sour grape aiding in blood sugar control.

It is the terpene-like compounds that have the greatest powers in headache/migraine treatment, including thymoquinone, carvacrol, and thymol. Terpenes penetrate the blood-brain barrier, and upon entering the brain, modulate its chemistry, minimizing pain and inflammation. Other terpene-rich treatments for migraines include cannabis extract and extract of wild oregano. A supplement combining the two is a potent therapeutic intervention for migraines, known as Hempanol, an extra virgin olive oil emulsion, which is the only organically raised, raw cannabis/hemp plant extract available. There is also a pure cannabis extract in extra virgin olive oil, Hempanol-CF, which vigorously obliterates migraine pain. These therapeutic agents should be added to any black seed oil regimen for this condition.

Even so, there can be no doubt about the power of Hempanol in reversing all headaches, including migraines, as demonstrated by the following case history:

CASE HISTORY:

Ms. S. is a 34 year-old woman suffering from a severe migraine at a trade show. Nothing seemed to ease it, and she was hesitant to take anything in her system during the crisis. I convinced her to take Hempanol SuperStrength under the tongue, about 20 drops, which was administered. In virtually seconds she turned around and said, "Oh my God, the headache is gone."

Additionally, diet plays a major role in this condition. As described in *Natural Cures for Headaches* (Knowledge

House Publishers, same author) a key factor is food intolerance. It has been known definitively for over 100 years that foods provoke migraines, the worst offenders being wheat, rye, red wine, cheese, chocolate, and citrus. Thus, people suffering from this condition should avoid all such food.

Treatment protocol

- Rub oil of black seed about the temples and also on the base of the head, that is the occipital region, as well as on the top of the scalp; also, take it internally, about one tsp. two or three times daily. Additionally, take the Black Seed-Plus caps, two capsules three times daily.
- Hempanol drops under the tongue: five or more drops as often as needed. In difficult cases use the Hempanol SuperStrength, five to ten drops under the tongue. The oils may also be rubbed topically on the top of the skull and also about the temples
- Hempanol-CF: for those who do not wish to experience the strong taste of supercritical wild oregano this is pure, organic cannabis oil in an extra virgin olive oil base, 10 or more drops as often as needed

Heavy metal poisoning

Oil of black seed is one of the most effective natural cures known for heavy metal poisoning. It is particularly effective against lead intoxication. Heavy metal toxicity is a vast, global dilemma. An overload of toxic metals is damaging to all organs of the body, with the liver, kidneys, skeleton, reproductive system, and brain suffering extensively.

To a degree all heavy metals are purged through black seed therapy. A particular potent adjunct is crushed black seed combined with red sour grape and *Rhus coriaria*. The

organic acids in the sour grape and *Rhus coriaria* aid in binding and eliminating noxious metals, particularly lead, cadmium, and mercury.

Treatment protocol

- oil of black seed: one or two T. twice daily
- Black seed-plus capsules with red sour grape and *Rhus coriaria*: three capsules twice daily
- heavy metal-purging capsules with sodium alginate, zeolite, bentonite, and chlorella: two capsules twice daily

Glaucoma

No doubt, black seed oil is effective against this condition, as is the seed itself. One reason for this relates to its content of a unique compound, known as thymohydroquinone. The substance is one of the most potent acetylcholinesterase (ACE) inhibitors known. In drug form ACE inhibitors are relied upon extensively in medicine, notably for the treatment of glaucoma as eye drops but also for treating Alzheimer's disease and Parkinson's disease. As well, the compounds are used in the treatment of myasthenia gravis, dementia, and schizophrenia. Glaucoma is also related to liver congestion, in this instance, a back-up of bile. Black seed is powerful in this regard, stimulating the flow of bile, while also boosting overall liver function. Additionally, it has the capacity to reduce inflammation throughout the liver and gallbladder tissue, indirectly causing a drop in ocular inflammation.

Nigella seed works superiorly when combined with whole food cannabis extracts. Another adjunct is whole food turmeric extract, ideally from wild-source roots. Yet another natural medicine in this regard is wild chaga, also, ideally, as

sublingual drops. The intake of all such natural medicines, along with black seed, would be the ideal therapeutic intervention for reversing this potentially serious disease.

Treatment protocol

- oil of black seed: one T. twice daily
- Black Seed-Plus capsules (with red sour grape and *Rhus coriaria*): two capsules twice daily
- crude, whole food cannabis extract from industrial hemp: 20 drops under the tongue twice daily
- whole food, raw, wild chaga sublingual drops: 20 or more drops twice daily
- wild, raw, mycellized turmeric sublingual drops: 10 to 20 drops twice daily

Tuberculosis

In all anti-tuberculosis regimens black seed oil plays an essential role. The highly aromatic oil is directly antitubercular. So are the seeds. For that matter so is wild oregano, particularly the aromatic essence, known as juice of wild oregano. All such natural medicines contain the antitubercular aromatic oils carvacrol and thymol. In addition to these black seed is a dense source of thymoquinone and carvone, potent anti-tubercular agents. Make no mistake black seed is a most aggressive complex for reversing TB. Its greatest efficacy is as a daily supplement, both as the whole food, cold-pressed oil and the pulverized seed. Additionally, the nigella seeds themselves as a powerful antitubercular agent and should be consumed in all therapeutic regimens. The same is true of wild chaga, which possesses significant actions against the TB

pathogen. The most powerful type in this regard is raw chaga, available as mycellized sublingual drops and also capsules complexed with wild oregano.

Because of its powerful actions on the chest and also the immune system black seed and its various extracts are a most potent therapy for this condition. It has extremely powerful actions on the lungs and bronchial tract. In fact, this capacity is so exceptional that no lung condition or chronic infection can evade its powers. This is particularly true when the oil of wild oregano is used concurrently.

Wild chaga is yet another powerful anti-tubercular natural medicine. For this condition it is best taken in a raw state, as in Chag-o-Power drops and wild, raw chaga capsules with wild birch bark and oregano. In particular, wild chaga is a long-respected, effective treatment for tuberculosis of the bone, known medically as Pott's disease.

Treatment protocol

- oil of black seed: 2 T. twice daily
- juice of wild oregano: one ounce twice daily
- oil of wild oregano, edible type, daily use: 20 or more drops three times daily
- mycellized black seed oil in a yacon base: 40 to 80 drops twice daily
- wild, raw chaga sublingual drops: 40 to 80 drops twice daily
- wild, raw chaga capsules with birch bark and wild oregano: two or more capsules twice daily
- mycellized juice or essence of black seed oil: one or two T. daily

Conclusion

Black seed and its cold-pressed oil are potent natural medicines offering great utility for humankind. As the Prophet of Islam has stated it truly is a universal cure, one that can remedy much of what ails the human race. It is a blessing, and, thus, the name signified in Arabic *habbat al-baraka* or blessed seed fully applies. It is the most potent plant seed known for reversing the chronic, degenerative ailment, in fact, dozens of them. The list for which black seed is effective is extensive and includes:

- diabetes
- heart disease
- hypertension
- potential for stroke
- arterial aneurysm
- cancer
- immune weakness
- bone marrow disorders
- neurological conditions
- anxiety and chronic depression
- psoriasis and eczema
- stomach conditions
- intestinal disorders

- autoimmune disorders
- yeast infection
- liver and gallbladder disease
- kidney disorders
- arthritis
- thyroid conditions
- intestinal parasites

....and far more

This demonstrates how incredibly potent black seed is. Thus, black seed and its expressed oil clearly are invaluable natural medicines for the sake of the human race. Categorically, it can be used to reverse the plagues of modern humanity. Regular intake will lead to an improvement in overall health. It can also be taken as a means to gain extra energy, this being true of the whole, pulverized seed, the oil complexed with raw yacon in a mycellized form, and the cold-pressed oil. All can be taken to vitalize the body and to give it the force it needs for optimal living.

Its most significant value is through daily use. A person should not go a day or at least a few days without the intake of some form of black seed: the pulverized seed, the whole seed and/or the expressed oil. Thus, take advantage of this vast blessing for the benefit of optimal health. Use black seed as a stimulant for improved cellular function and to nourish and rebuild all cells as well as organs.

After all, the ancient use, as well as those uses based on modern science, prove its diversity as well as immense value. Ibn Sina listed dozens of capacities for it, including its ability to purge cancer. In modern times its chemistry has been well-established, proving it is a medicinal powerhouse

for the reversal of numerous diseases. Its rich content of natural chemicals is ultra-impressive, for instance, linoleic acid, oleic acid, arachidic acid, palmitoleic acid, palmitic acid, stearic acid, various sterols, thymoquinone, carvacrol, nigellone, various potent alkaloids, and B vitamins, to name a few. So, it's a full, comprehensive biological complex. That is why it is so potent. Only *Nigella sativa* has such a vast diversity of powers, acting simultaneously as an antioxidant, antispasmodic, antiinflammatory agent, antiseptic, antiparasitic, antifungal agent, antihistaminic substance, mucous-dissolving agent, hepatoprotective complex, immune modulating/balancing agent, renal protective agent, and anti-seizure complex. Furthermore, it alone also offers the capacity to prevent urinary calculi and gallstones, while also acting directly to stimulate the flow of the excretory system: urine and bile. It is a major protective complex for the liver and kidneys. Additionally, it acts directly upon the stomach lining and the intestinal walls, guarding these organs from degeneration. Furthermore, at the same time it aggressively purges cancerous cells from the body. What an immensely valuable and monumentally sophisticated remedy it is, truly the ultimate cure for all diseases: except a person's own inevitable demise.

Moreover, black seed is exceedingly safe. In fact, it is an antidote to toxicity. No one can say there are any untoward effects of any kind. Consider the work of M.A. Hamid and N.S. Rigal publishing in the *European Review of Medicinal Pharmacology Science*. Here, it was discovered, black seed oil offered significant protection of the liver and kidneys from oxidative stress. The protection was so great that treatment with the oil greatly enhanced the function of these key organs, protecting them from molecular damage from

the highly poisonous substance bromobenzene, a common contaminant of processed foods. No one, thus, can say that black seed oil can harm the organs of detoxification. Rather, it is a great protective agent against those noxious agents which can do so. As well, in long term studies of black seed consumption there are also no known negative effects, as demonstrated by the *Journal of King Saud University*. Black seed oil, it was found, was “beneficial to the offspring” of test rats through two generations. The progeny of these pregnant rats that were fed the oil received only healthful benefits. This proves the high degree of safety of this natural spice-based complex. So, the Prophet Muhammad, God’s peace be upon him, was correct. It is an aid and help to humankind; what’s more, there are no negative effects of any kind.

The exact quote is as follows, as reported by one of his close followers (that is Abu Huraira): “Use black seed, which is a healing for all diseases except death (itself).”

Appendix

Black Seed Supplements Specifically Mentioned in this Book

In order to optimize black seed therapy for various conditions the specific black seed supplements or whole food sources mentioned in this book are listed with an explanation of the basis of their value:

- cold-pressed oil of black seed, ideally Turkish origin, which is the highest and first quality, minimum thymoquinone content of .75%

Therapeutic basis: the oil is a complete complex of all the key fatty components of black seed, including fixed oils, essential oils, monounsaturates, and aromatic compounds, that is essential oils

- black seed oil gelscaps, 1000 mg, fortified with oils of wild oregano P73, along with wild, organic rosemary oil and cumin/fennel seed oils (100% Turkish origin)

Therapeutic basis: these capsules are Turkish-source cold-pressed black seed oil, fortified with oils of cumin seed and fennel seed, along with oil of wild oregano and wild

rosemary oil, which increases the powers of these capsules in the digestive tract, improving delivery of black seed oil's active ingredients, while also preserving the oil and preventing its oxidation

- pulverized black seed capsules with red sour grape powder, brown cumin seed powder, and *Rhus coriaria*

Therapeutic basis: this combination is superior to black seed alone, with the red sour grape and brown cumin seed powders acting to increase the potency in the digestive tract of the black seed components, while also through this formula supporting improved blood sugar control

- mycellized Turkish black seed oil with wild oregano oil P73 and organic, raw yacon syrup

Therapeutic basis: this is emulsified black seed oil, fully mycellized for optimal absorption and fortified/enhanced with wild, P73 oregano, while the raw yacon acts to further potentiate the powers as an immune fortifier and prebiotic; both black seed and yacon feed the healthy gut bacteria

- total body purging agent with oil of black seed, wild, raw nettle leaf extract, wild, raw burdock leaf extract, wild, raw dandelion leaf/root extract, plus aromatic essential oils

Therapeutic basis: the combination of black seed oil with raw cider vinegar and aromatic essential oils, along with raw, crude bitter greens, makes an ideal parasite purging formula, also a purging agent for toxins and heavy metals; this formula has been shown to also act as a weight loss agent, purging noxious fatty deposits from the front of the abdomen

Other Whole Food and Wild-Source Supplements Mentioned in this Book

- whole food vitamin C from wild camu camu and acerola plus *Rhus coriaria* and rose hips
- royal jelly, fenugreek, raspberry leaves, and wild kelp capsules
- wild, raw chaga drops (Chag-o-Power drops)
- wild, raw chaga capsules with wild birch bark and oregano
- medicinal chaga-healing skin cream (ChagaHeal)
- wild, raw, mycellized turmeric sublingual drops (Turmeric Power-Plus)
- heavy metal-purging capsules with sodium alginate, zeolite, bentonite, and chlorella
- bilberry-purple corn with wild camu camu powder
- wild, raw 8 berries complex as sublingual drops (BerriMax)
- wild, raw daily use edible oil of oregano
- essence or juice of wild oregano
- thyroid-supporting capsules with wild kelp, oregano, rosemary, and tyrosine (Thyroset)

- raw, organic cannabis extract fortified with raw supercritical wild oregano extract
- raw, organic cannabis extract fortified without raw supercritical wild oregano extract, with 1500 mg pure cannabis extract (Hempanol-CF)
- whole food, all-natural vitamin E complex from sunflower seed oil
- whole food, Mediterranean-source pomegranate syrup
- blood pressure-controlling capsules with wild chaga, hibiscus, hawthorne berry extract, and red sour grape (HyperEEZ)
- Mediterranean-source oil of wild lavender, extra virgin olive oil emulsion (Lavenol)

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