

BLACK SEED – Part III*
**...“hold onto the use of the black seed for in it is healing for all illnesses
except death”⁽¹⁾**

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The last issue discussed the benefits of black seed, but here’s more!

Diabetes:

Black seed reduces fasting glucose, reduces glycosylated hemoglobin (HbA1c) in human subjects and decreases insulin resistance.⁽²⁾ It also protects against the damaging effects of diabetes such as neuropathy and kidney damage, plus helps with regenerating and healing of the pancreas.⁽³⁾⁽⁴⁾

Digestion/Ulcers:

Black Seed is commonly used for treating digestive tract conditions including gas, colic, diarrhea, dysentery, constipation, and hemorrhoids.⁽⁵⁾ It also possesses clinically useful anti-H. pylori activity, the cause of 80% of all ulcers, and is comparable to triple eradication(antibiotic) therapy.⁽⁶⁾

Epilepsy:

Black seeds were traditionally known to have anticonvulsive properties. A 2007 study with epileptic children, whose condition was refractory (resistant) to conventional drug treatment, found that a water extract significantly reduced seizure activity.⁽⁷⁾

Infections/Immune:

Black seed has anti-bacterial activity against clinical isolates of methicillin resistant Staphylococcus aureus(MRSA).⁽⁸⁾ It is also effective against tonsil and pharyngeal inflammation, reducing pain.⁽⁹⁾ Black cumin seed is now known to modulate the immune system in both directions. In addition to suppressing dangerous chronic inflammation, black cumin seed oil has been shown to boost appropriate immune function. The result is enhanced protection against both infections and cancer.⁽¹⁰⁾

Inflammation/Arthritis:

One of the earliest recorded uses of black cumin seed oil was for the prevention and treatment of arthritis.⁽¹¹⁾ A human study of black cumin seed oil has proven an overall reduction of symptoms in 42.5% of the patients.⁽¹²⁾ Black Seed oil has been shown to be effective in experimental models of osteoarthritis, the most common form of arthritis in humans. Treatment with thymoquinone from Black Seed, reduced levels of a protein-melting enzyme, known as MMP (matrix metalloproteinase), that destroys bone and joint tissue in osteoarthritis.⁽¹³⁾

Other notable benefits of Black Seed include:

Preventing lead-induced brain damage (lead poisoning)⁽¹⁴⁾, anti-psoriasis properties⁽¹⁵⁾, helps with opiate addiction/withdrawal and prevents morphine dependence/toxicity⁽¹⁶⁾⁽¹⁷⁾ [Makes you wonder if it could be useful for any addiction/withdrawal], prevents brain pathology associated with Parkinson's⁽¹⁸⁾ and decreases surgical adhesions/scaring⁽¹⁹⁾.

Possible Side Effects:

Black seed is a most powerful herb! As with any herb or botanical, individuals with skin sensitivity or allergies should use caution. According to Memorial Sloan-Kettering Cancer Center, Black Seed can greatly lower blood pressure in individuals also taking pharmaceuticals. Due to its effective stone cleansing, those with kidney and gall bladder issues should use it only under a qualified health care practitioner's advice.

Pregnant women shouldn't take black seed for any purpose, due to the fact that it may induce contractions.

Black seed also contains two compounds, nigellin and melathin, which can be cleansing in small doses, but toxic in very high doses. So any extremely high dose, over 25g, is not recommended, although most supplements are at the 0.5g level. Sloan Kettering also cautions use with most chemotherapy medications and radiation due to Black Seed's high healing antioxidant activity.

Black seed is a powerful anti-inflammatory agent; capable of suppressing the chronic inflammation that underlies aging and its many symptoms. Now it is showing tremendous promise at combating the immune function loss. These twin properties give Black Seed unprecedented dual coverage as an age-preventing, health-promoting supplement.

One source wisely stated, "The most pertinent point to be made about Black Seed is that it should be regarded as part of an overall holistic approach to health and ideally should be incorporated into one's everyday lifestyle. In this way, the many nutritional and healing properties contained in the seed can help build the body's immune system over time, supplying it with the optimum resources it needs to help prevent and fight illness."⁽²⁰⁾

I have written much about the healing properties of Curcumin and now Black Seed. Today there are available supplement combinations of Black Seed with Curcumin. Unlike pharmaceuticals, which can be dangerous when combined, when herbs are combined they generally have a synergistic or more powerful effect on healing. Imagine all the possible benefits in these new supplements! Next, we will learn all about the medicinal form of Oregano – "A gift from God!"

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