



CAYENNE PEPPER TINCTURES



Cayenne pepper has been used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, dyspepsia, atonic dyspepsia, flatulence, sore throat, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever, and diphtheria.

1. Anti-Irritant Properties

Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

2. Clears Congestion

Cayenne pepper aids in breaking up and moving congested mucus.

3. Anti-Fungal Properties

Effectively suppressed the development of 16 different fungal strains, while remaining completely non-toxic to animal cells.

4. Migraine Headache Prevention

Ability to stimulate a pain response in a different area of the body, thus diverting the brain's attention to the new site. Following this initial pain reaction, the nerve fibers have a depleted substance P (the nerve's pain chemical), and the perception of pain is lessened.

5. Digestive Aid

Stimulates the digestive tract, increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for relieving intestinal gas. It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.

6. Anti-Redness Properties

Great many chronic and degenerative conditions.

7. Helps Produce Saliva

Stimulates the production of saliva, an important component of digestion and maintaining optimal oral health.

8. Useful for Blood Clots

Reduces atherosclerosis, encourages fibrinolytic activity, and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

9. Detox Support

Known circulatory stimulant. It increases the pulse of our lymphatic and digestive rhythms. Cayenne also induces sweating—another important process of detoxification.

10. Joint Pain Relief

Extremely high in a substance called capsaicin, cayenne pepper sends chemical messengers from the skin into the joint, offering relief for joint pain.

11. Anti-Bacterial Properties

Excellent preservative and has been used traditionally to prevent food contamination from bacteria.

12. Promotes Longevity

A study using data collected from almost half a million people found that people who eat spicy foods have found that regular consumption of chili peppers aligned with reduced rates of death from respiratory disease, heart problems, cancer.

13. Supports Weight Loss

Cayenne pepper for breakfast eases the appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic booster and aids the body in burning excess fat.

14. Promotes Heart Health

Capsaicin reduced serious heart arrhythmias and improved cardiac blood flow.

15. Remedy for Toothache

When applied directly to the site, cayenne may help ease pain of a sore tooth.[]

16. Topical Remedy

As a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds, and lumbago. More research is needed to determine its effectiveness.