



## Your Cayenne Pepper Guide

### Cayenne Pepper - The King of Herbs

**I**f cayenne pepper (*Capsicum minimum* or *Capsicum fastigiatum*) is not the king of herbs it is certainly a prince among them. Its health benefits are many and varied and are truly astonishing.

Many people from around the world recount amazing results from using cayenne pepper (or capsicum as it's sometimes called) for simple healing as well in the battling and elimination of challenging health problems.

Cayenne comes from peppers that are not only good to eat but great for your health.

**Cayenne pepper has been used for centuries** as a medicinal and culinary herb and undoubtedly most just think of them as "those hot red peppers" to be used for spicing up food or to be used primarily in cooking Asian cuisine, but it is so much more.

Cayenne is said to have originated within Cayenne in French Guiana and is now produced or farmed in many parts of the world. It was one of the major foods of the Hunzas who are reported by many to have extraordinarily long lifespans, although this is debatable.

It was also used quite extensively by the Aztecs and Mayans. In fact, historians assert it was a staple of the Aztec diet.

Cayenne is also revered in the alternative health community and chiefly by medicinal herbalists for its remarkable array of health benefits.

### Cayenne Pepper and Heart Health

So, why is cayenne pepper so great for your health? What are its great health benefits? The **health benefits of cayenne pepper** are far reaching and astounding. So much so that many think its benefits are exaggerated.

Consider this: cayenne pepper, through the instrumentality of its main ingredient capsaicin (pronounced cap-say-sin), is scientifically proven to kill prostate cancer cells, among other fantastic health benefits, and *that is just the beginning* as to the benefits of this humble, nondescript herb.

Much scientific research has been initiated to validate what naturopathic practitioners have known for years: It can stop heart attacks, nourish the heart with vital

nutrients, remove plaque from the arteries, help rebuild flesh destroyed or harmed by frostbite, heal hemorrhoids, re-build stomach tissue, heal stomach ulcers, and can mitigate the most wrenching of diseases.

Continuing, it is great for circulation, can rebuild blood cells, lowers cholesterol, emulsifies triglycerides, removes toxins from the bloodstream and improves overall heart health. It's even a great insect repellent.

As mentioned, it can also heal ulcers, which seems contradictory considering its native calidity or heat. It *immediately* equalizes blood pressure in your system, shrinks hemorrhoids, and heals the gall bladder.

It can be used as a diuretic as well helping in elimination both with urine and with the built-up fecal matter in the intestines. It has wonderful, scientifically-proven antifungal properties as well.

This is by no means a comprehensive list. So, why haven't you heard of it? Because of money. Big Pharma knows about the remarkable healing properties of cayenne pepper but they are not in the business of healing people but in making money.

In 2008 in the U.S. alone, Big Pharma sold \$160 billion dollars of drugs -- \$160 billion!!!

Why sell a cholesterol-reducing drug when you can just take cayenne pepper and it will do the same while also removing plaque from your arterial walls? Because cholesterol drugs like Lipitor make **billions of dollars** for their makers.

Just the cayenne pepper and heart health linkage is enough to make this a truly remarkable medicinal herb, but its uses and benefits go far beyond that remedy.

Capsicum, or cayenne pepper, truly is a king among the herbal family and is one of the greatest health secrets of all time. It is hot, yes, and tough to swallow - literally. But that inconvenience is most tolerable when one considers that you can literally save your life and a bundle of money by taking it religiously.

## What is Cayenne Pepper?

**C**ayenne pepper comes from red, hot chili peppers. It is also known as the African red pepper, American red pepper, Spanish pepper, bird pepper, or Guinea pepper as it is sometimes called in the United Kingdom.

It is also sometimes called by its Latin derivative *capsicum*. Cayenne pepper comes from the dried pods of chili peppers and is used as a spice for culinary uses as well as alternative health purposes. The herb is named for the capital city of Cayenne in French Guiana, a country on the northern border of Brazil in South America. The word cayenne comes from the Tupi word "kyinha," which literally means "hot pepper."

Continuing, cayenne is a cultivar of *Capsicum annum* and is botanically related to jalapeños, habañeros, bell peppers and many other peppers. The *Capsicum* genus is

in the nightshade or *Solanaceae* family, which family includes white potatoes, eggplants, bell peppers and tomatoes.

The plant from which cayenne pepper powder is derived is from two related plants.

Specifically, the American variety (*Capsicum minimum*) is distinguished from its African counterpart the African birdseye cayenne (*Capsicum fastigiatum*) although both are highly useful to man. Another popular derivative is *Capsicum annuum*.

Of all the cayenne peppers, probably the most pungent is the *African birdseye cayenne pepper*. It has small, yellowish red pods while the American variety is characterized with its small herb-sized plants and larger pods.

How is cayenne pepper powder made? The peppers or fruit are dried and ground, or pulped and baked into cakes, which are then finely ground and then sifted to make the powdered spice.

This powdered spice is well known to cooks and chefs the world over but its true value lie in its medicinal properties. Indeed, it is one of the best-kept secrets of the modern world.

## **Cayenne Pepper Nutrition Facts**

Cayenne pepper is very high in some key vitamins, namely vitamins A, the B vitamin complex, vitamin C, calcium, vitamin K, niacin, iron, and the minerals potassium and manganese. It is highly beneficial for the heart and its high concentration of potassium is a key component of that benefit.

Cayenne pepper's bright red color indicates its high content of beta-carotene or specifically pro-vitamin A. Cayenne is highly regarded as "the anti-infection" vitamin as its high concentration of vitamin A is essential for epithelial tissues and mucous membranes. The body's first line of defense against invading pathogens is the health epithelial tissues and the mucous membranes that line the nasal passages, urinary tract, anus, lungs and intestinal tract.

Notwithstanding its calidity or heat, cayenne peppers or cayenne is great for the stomach and intestines. Among herbalists and homeopaths, it is virtually legendary in what it can do to help strengthen the heart.

What about **Organic Cayenne Pepper**? In today's modern world, almost everything that is truly organic is better for you. Organic cayenne pepper is probably no exception. I say "probably" as almost all cayenne is magnificent. Still, if you can get either home-grown cayenne pepper or organic cayenne pepper from organic farmers, that is best.

## **What Are Some of The Uses for Cayenne Pepper?**

Besides its culinary uses, its medicinal uses are wide and varied. In fact, it's actually a catalyst and accentuator for use in other herbal formulas. By itself, though, it

certainly is highly beneficial as well. It's been used for almost everything ill you can imagine. Here's a short list you on some of its benefits and uses:

- Reduces weight by improving metabolism
- Fantastic for the heart and venous structure
- Eliminates plaque from the arteries
- Helps heal ulcers
- It is healing to the entire circulatory system
- Aids the peristaltic action in the intestines
- It actually helps warm the entire body and can rebuild the flesh harmed from frostbite
- Migraines - cayenne pepper is a godsend for those who suffer from migraines. Once cayenne is in the system, it **immediately** goes to work in your system. (I know this is personally true.)
- It can stop heart attacks. Famed herbalist Dr. John Christopher said if he could get a patient to drink a glass of warm cayenne pepper water (the preferred way to take it actually) it would literally immediately stop the heart attack. Why? Because it immediately equalizes the blood pressure and feeds the heart with the nutrients it needs to function properly. **Cayenne pepper and heart health** should be something everyone over 40 should know about.

Those are just some of the highlights. It can do a lot more but if it didn't do anything other than dramatically strengthen the heart, its worth would be sufficient. It truly is a king of the herbs for many reasons.

How do you take cayenne pepper? What is recommended? Some understandably take cayenne pepper capsules. Actually, the best way to take it is in a glass of very warm water (distilled water is preferable but bottled or purified water is sufficient). Start by taking a 1/4th of a teaspoon and put it into a glass of eight ounces and mix. Then, drink it. Yes, it'll be hot and the first few days it will come out of your system as hot as well but your body will acclimate quickly.

## Health Benefits of Cayenne Pepper

**W**hat are the **health benefits of cayenne pepper**? So, how do cayenne peppers help you, if at all, with your weight loss diet regime?

The benefits of cayenne are almost too unbelievable, but its reputation keeps growing and growing and deservedly so. It can do everything from kill cancer cells in the prostate, lungs, and pancreas to immediately stop a heart attack within 30 seconds. Incredible to hear I know.

Let's get into some of the specifics of cayenne pepper benefits. Cayenne pepper (or cayenne pepper as it's sometimes spelled as) increases metabolism by immediately influencing the venous structure. It is nothing short of amazing with its effects on the circulatory system as it feeds the vital elements into the cell structure of capillaries, veins, arteries and helps adjust blood pressure to normal levels.

Yes, cayenne pepper for high blood pressure is certainly one of its core uses, but cayenne cleans the arteries as well, helping to rid the body of the bad LDL

cholesterol and triglycerides. Considering that heart disease is the number one killer in America, this is significant.

Cayenne is also great for the stomach and the intestinal tract. It stimulates the peristaltic motion of the intestines and aids in assimilation and elimination. When taken internally, it warms the body and has even been used by some herbalist doctors to help heal and rebuild flesh due to frostbite.

Notwithstanding its hot taste, paradoxically it is actually superb for rebuilding the tissue in the stomach, facilitating healing with stomach and intestinal ulcers. Cayenne pepper for ulcers is not something most would have considered but I can testify to that remarkability capability of cayenne.

## **Cayenne Pepper and Heart Health**

Yes, **the effect of cayenne pepper on your body is dramatic**, even literally instant and no more so than with the heart. Cayenne pepper's benefits is one of the things that brought you to this article so now let's discuss the phenomenal healing properties of cayenne pepper with the human heart.

Dr. John Christopher, the famed natural herbalist, was persecuted relentlessly by the government for his practice of herbal medicine all the while assisting patients in curing heart disease, cancer, tuberculosis, infertility, rheumatism, leukemia, and every other incurable under the sun.

One of his greatest stories in his long career was how he could instantly stop a heart attack if he could get the patient to drink a glass of warm cayenne water. He said, "A teaspoon of cayenne should bring the patient out of the heart attack."

While this is not directly related to cayenne pepper and heart health, with internal hemorrhaging, if the patient can drink a glass of extra warm cayenne water, Dr. Christopher wrote, "...by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid."

Perhaps now you can see why cayenne pepper is regarded as a true "miracle herb." With over 700,000 thousands Americans experiencing a stroke each year and almost half a million dying yearly of either heart disease or related issues, believe it not the cure is as close as your local health food establishment. How should you take cayenne? Ideally orally in a drink.

The cayenne pepper drink, when taken faithfully, will dramatically improve your heart health as well as your venous structure. Drink it with warm distilled water but if that is unavailable, purified water will substitute nicely. Start by mixing about a quarter of a teaspoon in a glass of warm water. Then, down the hatch. Don't worry, you'll get used to it.

Of course, the Scoville Heat Unit (SHU) rating of the cayenne pepper you're using should be known. Most cayenne is between 30,000 to 50,000 SHUs.

Some, though, like the African Birdseye cayenne pepper powder can come in anywhere from 90,000 to 140,000! Needless to say, you should scale back your dosages of this until your body acclimates to its heat.

Another benefit of cayenne peppers is its antifungal properties. **Cayenne pepper antifungal properties** are significant although this is not its primary health benefit. Cayenne has been shown in some studies to be active against phomopsis and collectotrichum -- both are fungal pathogens.

These fungal pathogens affect fruits especially strawberries and are not directly related to humans. Currently, **cayenne immune system benefits** are also the subject of studies conducted by many nutritional supplement companies and microbiologists.

Let's get even more specific. Here is a comprehensive list of all the things cayenne can do for your health and why you should make it a regular part of your daily health regime.

(I take this information from Dr. John R. Christopher's book *School of Natural Healing*.) By the way, the word "capsicum" is another term for cayenne pepper and is used interchangeably. That is how Dr. Christopher referred to cayenne in his book.

- This herb is a great food for the circulatory system in that it feeds the necessary elements into the cell structure of the arteries, veins and capillaries so that these regain the elasticity of youth again, and the blood pressure adjusts itself to normal. It rebuilds the tissue in the stomach and heals the stomach and intestinal ulcers; in equalizing the blood circulation, Cayenne produces natural warmth in your body; and in stimulating the peristaltic motion of the intestines, it aids in assimilation and elimination.
- Cayenne regulates the flow of blood from the head to the feet so that the pressure is equalized; it influences the heart immediately, then gradually extends its effects to the arteries, capillaries, and nerves (the frequency of the pulse is not increased, but is given more vigor).
- Human circulation; it is warming; dilating; specific for varicose veins; equalizes the blood pressure in the arterial and venous system; equalizes blood pressure instantly actually.
- Cayenne is useful in alleviating allergies, muscle cramp, improving digestion, gives more pep and energy, and helps wound healing with minimal scar tissue.
- Cayenne is a counter-irritant; it brings blood to the surface and allows the toxins to be taken away.

In an article reported on March 16, 2006 by Reuters, the main ingredient in Cayenne, capsaicin, was found to destroy prostate cancer cells. Here is what the article said,

*"Capsaicin led 80 percent of human prostate cancer cells growing in mice to commit suicide in a process known as apoptosis, the researchers said. Prostate cancer*

*tumors in mice fed capsaicin were about one-fifth the size of tumors in untreated mice, they reported in the journal Cancer Research. 'Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture,' said Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine."*

- Capsicum supports the natural beat (rhythm) of the viscera and interior actions of the glandular, circulatory, lymphatic, and digestive systems. It has been used with great success as a cure for spotted fever (?); the most active stimulant to support and re-animate feeble or exhausted powers.
- This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the internal vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose, take from half to a teaspoonful in hot water or tea sweetened with honey.
- Dr. Coffin includes cayenne pepper in his composition powder to restore the normal function of the body in the various stages of pregnancy and childbirth. For morning sickness he recommends a combination of 'White poplar bark, agrimony, centaury, raspberry leaves, yarrow and rhubarb, each a quarter of an ounce, steep in two quarts of water, strain, and add while hot two teaspoons of powdered cinnamon, half a teaspoonful of Cayenne pepper, and let the patient take one tablespoonful every three hours until the symptoms are removed if this should not relieve, give an emetic and repeat if necessary.
- Great for heartburn.
- Capsicum is a powerful rubefacient.
- Capsicum is a general nervous stimulant; a specific for delirium tremens.
- For atonic gout, in paralysis, in dropsy, in tympanitis, and in the debilitated stages of fever.
- For scrofulous; dyspepsia; flatulence; it's an excellent carminative.
- For sore throats—gargle (prepare the gargle with honey); for spasmodic and irritating coughs; heartburn and diarrhea;
- Enables feeble stomachs to digest food; for atonic dyspepsia; specific for hemorrhoids; cures intermittent fever; Capsicum has the power to control menorrhagia; relieves sea-sickness;
- In delirium tremens it is beneficial by enabling the patient to retain and digest food.
- Capsicum is particularly efficient in tonsillitis, and the sore throat of scarlet fever and in diphtheria no application is so efficient as a strong gargle or wash made with Capsicum.

- Promote digestion; relieves pains of the womb; removes obstructed menstruation; for quinsy; for all diseases of the throat; use as a plaster with honey for rheumatic pains, pains of the joints, gout, swellings, etc.; Use outwardly as a liniment, apply it warm or hot for arthritis and rheumatism; gargle for scarlet fever; use an infusion for ulcers in the mouth, strep throat or tonsillitis. (p.103)
- Cayenne is an excellent remedy for a cold; mix infusion with slippery elm and molasses or honey, and take in doses throughout the day; also excellent for sore throat and coughs.
- Cayenne mixed with pennyroyal (an herb) taken for three days will expel the dead birth material from a miscarriage.
- Eases toothache; preserves the teeth from rotting, and when rubbed on the gums, stimulates them enough to prevent pyorrhea.
- Excellent for any type of internal hemorrhage, (create an infusion with bethroot or star root);
- Capsicum is an important remedy in cholera; Capsicum stops vomiting; combine with equal parts of Capsicum and common table salt, one half ounce of each, one pint of good vinegar, give in tablespoon doses for cholera, vomiting "cholera morbus" -- the gross material associated with cholera from the system
- In chronic lumbago a plaster of Capsicum with garlic, pepper and liquid amber (silarasa) or storax is an efficient stimulant and rubefacient application. (p105)
- When made into a lozenge with sugar and tragacanth it is a remedy for hoarseness.
- For a carminative make pills of equal parts of Capsicum, rhubarb and ginger or aloes.
- Combine Capsicum with cinchona for intermittent and lethargic affections and for atonic gout and in advanced stages of rheumatism.
- Combine with asafoetida and sweet flag root or camphor in the form of pills in cases of cholera.
- Capsicum has a powerful action on the mucous membrane, and in hoarseness and sore throat, and in putrid throat a gargle made of Capsicum is particularly beneficial.
- By pouring hot vinegar upon the fruits of Capsicum all the essential qualities are preserved. This vinegar is an excellent stomachic.
- The whole plant steeped in milk is successfully applied to reduce swellings and hardened tumors.
- An infusion with cinnamon and sugar is a valuable drink for patients suffering from delirium tremens as it satisfies the craving in dipsomaniacs. A dose of ten grains of

finely powdered capsicum seed, given with an ounce of hot water, two or three times a day, sometimes shows wonderful effects in cases of delirium tremens.

- Capsicum can be used in the treatment of a snake bite.
- As well as the fruit being used as a spice, the leaves were applied to ulcers and headaches. (p.111)
- Capsicum is given internally in atonic dyspepsia and flatulence. It is used externally as a counter-irritant in the form of ointment, plaster, medicated wool, etc. for the relief of rheumatism and lumbago.
- Oral administration of Capsicum may stimulate the gall bladder reflex.
- Capsicum either contains a cholagogue, or acts as a powerful stimulus upon the mucous membrane of the duodenum.
- Cayenne pepper is forgotten therapeutic agent against anorexia, liver congestion, and vascular troubles. Capsicum is highly effective in causing hemorrhoids to regress; and these fruits have the same action on varicose veins. The results are attributed to alkaloids or glucosides in the peppers.
- Excessive amounts of Capsicum (above 20 grams, thus, nearly an ounce) may induce frequent bowel movements.
- Cayenne stimulates the appetite, more especially as a hot climate tends to produce anorexia. We have always held the saliva is the key that unlocks the door to digestion. Capsicum, a sialogogue, will stimulate the flow of saliva and will be very helpful to people who have become accustomed to 'inhaling' their food and thus robbing themselves of the benefits of saliva in the digestive process. Capsicum would stimulate their flow of saliva as they return to a healthier attitude toward eating.
- Capsicum may be valuable in the prevention and treatment of blood clots.
- Cayenne pepper is very soothing; it is effective as a poultice for rheumatism, inflammation, pleurisy, and helpful also if taken internally for these. For sores and wounds it makes a good poultice. It is a stimulant when taken internally as well as being antispasmodic. Good for kidneys, spleen and pancreas; wonderful for lockjaw; will heal a sore ulcerated stomach; Capsicum is a specific and very effective remedy for yellow fever, as well as other fevers and may be taken in capsules followed by a glass of water. (p.119).

## **Cayenne Pepper and Heart Health**

Cayenne pepper is one of the most powerful and beneficial herbs known to mankind. ***Cayenne pepper and heart health*** should be synonymous for anyone with heart disease or cardiovascular issues but sadly it is not.

According to a May 25th, 2006 report by the BBC, heart disease is the biggest killer in the United Kingdom. Across the pond in the United States, according to the

National Heart Foundation, "*Coronary heart disease is the single greatest cause of death for both men and women in the US, eclipsing all other causes, including cancer and lung diseases. Every year more than 479,000 Americans die of coronary heart disease.*"

Clearly, the current allopathic (traditional Western medicine) approach is not working -- at least in this instance. The unholy collusion between government, pharmaceutical interests and institutional medicine, with its powerful financial influence, pervades nearly every facet of our society.

Homeopathic medicine is not only derided but persecuted and even criminalized while allopathic medicine is deified as the only way to health.

In truth, the joining of the best of allopathic and homeopathic interventions would be ideal. But for that to happen, results would have to be the final arbiter as to an intervention's effectiveness, not corporate and governmental monetary interests.

## **Cayenne Pepper and Heart Health: Background Info**

So, ***what is cayenne pepper?*** You probably recognize its name as a potent condiment often used in cooking, but its value lies well beyond its culinary uses. Cayenne pepper is an herb that is nothing short of amazing.

Cayenne is a stimulant herb that is also known, although obliquely so, as African red pepper, American red pepper, Spanish pepper, capsicum, and bird pepper. The plant from which cayenne pepper is derived is from two related plants actually.

Specifically, the American variety (*Capsicum minimum*) is distinguished from its African counterpart the African birdseye cayenne (*Capsicum fastigiatum*) although both are highly beneficial to man (another good version is (*Capsicum annuum*)). The African birdseye cayenne pepper is the most pungent with small, yellowish red pods while the American variety is distinguished with its herb-sized plants and larger fruit or pods.

The food value of cayenne pepper is known, of course, but its real value is as a medicinal and nutritional herb. Its medical uses include using it for wounds, heart disease, heart attacks, heart problems at large, ulcers, congestion, colds, chills, bleeding of the lungs, neuralgia, lumbago, hemorrhage, hemorrhoids, high and low blood pressure, indigestion, kidney and related problems, etc., etc. This is by no means a comprehensive list.

Cayenne pepper is a stimulant and as such is an activator, carrier, and accentuator to other herbs as well. It can and should, however, be used by itself. Let's discuss some of those ancillary uses now before we talk in depth about cayenne pepper and heart health.

## **Conclusion**

If you are concerned about your heart health, or if you are suffering from heart ailments, cayenne pepper should be a daily staple in your diet. This remarkable herb is a wonder and can tremendously benefit your health. Cayenne pepper is one of the

greatest health secrets in the world. In fact, the Hunzas of Asia Minor have lived for centuries on a diet of apricots and cayenne pepper, often living to the age of 150.

Cayenne certainly is a great condiment, used with panache by great cooks and chefs, but ***its true value lies in its medicinal qualities***. Slowly and surely, its remarkable benefits are gaining awareness by a public becoming increasingly disenchanted by traditional medicine's non-causal approach. Perhaps now you see why cayenne is a prince among herbs.

# Side Effects of Cayenne Pepper

## Cayenne Pepper Bad Points -- Can It Burn Your Stomach?

**W**hat are the side effects of cayenne pepper? What are the cayenne pepper bad points? Well, it is certainly hot to the taste and can take some getting used to. (It is bearable, though, and it's not as bad as you think.) Drinking what I like to call the "*cayenne pepper detoxification drink*" is not for the faint of heart.

(Actually, it is literally.) In addition, when one starts to imbibing cayenne pepper via a glass of warm water (that is preferred), it can come out of the body's orifices with an uncomfortable burning.

Don't worry, though, it is very, very beneficial and the body will quickly adapt. In fact, cayenne pepper will help clear up hemorrhoids if taken regularly -- especially if the hemorrhoid sufferer changes their diet to one very rich in fiber. I know this for a fact as it helped me in this way.

To mitigate the heat of cayenne, I suggest starting with just a half a teaspoon of cayenne in a glass of eight ounces of lukewarm water.

Have another glass of just water nearby as it is hot to the taste. I chug my daily glass quickly and this seems the best way to go over capsules. Yes, you can take it in capsule form but its effects won't be immediate the way they would be by direct application.

There are also some who suggest combining lemon water and cayenne pepper for fast metabolism. (There are also some who think that a combination of cayenne lemon fat burn facilitates adipose (fat tissue) loss. That's debatable, but drinking a blend of lemon water and cayenne pepper for fast metabolism is more palatable.

Drinking the cayenne pepper detoxification drink daily will produce obvious benefits, and the body will acclimate very quickly to cayenne's native heat. Within a six months, you will be able to drink a tablespoon of cayenne pepper without too much discomfort.

Still, you could still get the benefits you want by taking at most a teaspoon of cayenne pepper two times a day (ideally, three times a day). Yes, you could go on a ***cayenne fruit diet***, but drinking it is easier and more convenient.

In essence, side effects of cayenne pepper have never really been reported\*\*. Its native heat prevents most people from using it and even those who are strong proponents of its multitudinous health benefits use it judiciously. The general rule of thumb, however, is avoid doing anything to the extreme and that is wise counsel.

Just taking it daily, even at the very least one warm glass of 1/4th a teaspoon is certainly going to give you tremendous benefits.

After just a couple of days, you will find your body acclimating and you'll notice your heart improving or even lowering -- I actually found this happening to me.

Lastly, you can get the cayenne pepper powder at a health food retailer. Or you could buy liquid organic cayenne pepper (I prefer the powder). Cayenne in powder form is very inexpensive. The liquid extract is more, however.

## Cayenne Pepper Weight Loss Info

### Can Cayenne Pepper Help You Lose Weight?

Putting the words **cayenne pepper weight loss** together is not something most would have done, I'm sure. Let me just answer it directly. Can you lose weight by taking capsicum? Yes and no. I'm not trying to be vague here but clearly more info is needed.

This is what cayenne pepper *will* do. The health benefits of cayenne pepper are phenomenal, and assistance in losing weight is one of them. Cayenne pepper will **assist** in the loss of weight but it won't be the sole determining factor. So, how does it assist? Primarily by equalizing the metabolism.

When you take cayenne on a regular daily basis you can increase your metabolism some say as much as 25% but that sounds too arbitrary to me. What cayenne should be is a part of your regular diet as well as eating peppers in general.

I'm not talking of imbibing a cayenne fruit diet but drinking it daily or at least every other day. Putting just a quarter of a teaspoon of cayenne pepper powder into a glass of warm water (that would be ideal), will immediately benefit your entire circulatory system, your intestines, your stomach, not to mention give your heart muscles an infusion of minerals that is necessary for its proper function.

So, no, the supposed mystical health qualities of cayenne pepper is not going to make you suddenly start losing weight. It is complementary, though, to your weight loss efforts.

Let me explain how.

It will equalize the system and go to work on specifically the viscera and interior actions of the circulatory, digestive, glandular, and lymphatic systems. Cayenne pepper is also a "counter irritant" as it brings up to the surface of the blood toxins that are then carried away. It is also a rubefacient meaning it brings blood and the color red, of course, to the skin.

This doesn't help weight loss, but when taken internally, it has been used with great success as an active stimulant to support and re-animate, to help give enhanced energy and rejuvenation. That is probably the one result I hear from personal friends I've persuaded to take cayenne more than anything else.

Increased energy is logical as the heart is literally immediately strengthened by the introduction of cayenne pepper into the system. Having a healthy heart, a heart that pumps less but the same amount of blood, means you have more energy.

This energy could give you more of an impetus to doing aerobic exercise and this exercise combined with a lower calorie diet would allow you to lose weight faster. In fact, in early 20th century France, during World War I, doctors used to give cayenne pepper to their soldiers as it helped relieve fatigue.

Notwithstanding its heat, it is not thermogenic in terms of causing such heat as to burn away fat. That's not how it works. Cayenne is a healthy stimulant, but it also has profound therapeutic properties as well, but nothing so dramatic as to immediately cause you to lose weight.

**The main ingredient in cayenne is called capsaicin that can burn extra calories in your body in a way similar to exercise but it's not going to be dramatic.** Anyone who says otherwise is exaggerating or lying.

So, to wrap up, yes, cayenne pepper is a *great* herb, but it is not going to produce immediate weight loss. It is, however, a tremendous aid in bringing the whole system into proper equilibrium and in better health.

## Lemon Cayenne Pepper Detox Drink

### *How to Make Lemon Cayenne Pepper Detox Drink*

There has been a lot of scuttlebut about the ***lemon cayenne pepper detox drink*** and the cayenne pepper and Lemon Diet recently. The diet is supposedly the best diet in the world to lose weight quickly. That is debatable, but the benefits of the cayenne pepper lemon drink are not an urban myth.

For this article, I will focus on the ***lemon cayenne pepper detox drink***. So, is it worthwhile? Should you utilize this unconventional drink to your health regime? In a word, yes. It is unconventional but has tremendous benefits, chief of which is that the lemon mitigates the native heat of the cayenne.

If you've ever tried to drink a teaspoon, or even a fourth of a teaspoon of cayenne pepper, you know how hot it can be.

Combined with lemon makes the natural calidity or taste of the cayenne much more tolerable. While the cayenne pepper and lemon drink doesn't taste like a fruit beverage, it does make it much more drinkable.

Some also believe this drink, when taken regularly, helps the body burn fat tissue faster. That is possible, I suppose, but currently there are no studies to prove that. What is known is that the cayenne helps equalize the metabolism and is a general tonic for all the body. It allows the body to utilize nutrients better while feeding the cells. So, that is understood.

I suspect some people, though, will try this drink without lowering their empty caloric foods. In other words, treat it as a supplement. Eat better and less and you'll lose weight -- especially if you add taxing aerobic workouts to your regime.

## **The Cayenne Pepper and Lemon Drink Master Cleanse?**

Recently, there has been much discussion about a "new" cayenne pepper drink that consists of filtered water, fresh Lemon juice, cayenne pepper, laxative tea and grade B organic maple syrup.

I know the lemon cayenne pepper detox drink works well but this particular cleanse drink has been getting a lot of interest as entertainer Beyonce Knowles has supposedly lost a lot of weight due to this concoction.

Obviously, I don't know if that's true or not. What does incite interest, though, is the public's increasing interest to look at alternative means instead of blindly doing what a traditionally trained, allopathic doctor says to do, i.e., "take this prescription drug and it will make your world perfect."

This new concoction may be the real McCoy. I don't know. I might try it just to test it out and then give you a report. In the meantime, though, you can't go wrong in adding cayenne to your daily regime. So, try the lemon cayenne pepper detox drink.

The lemon makes it a lot better to drink, in my experience. (As for the cayenne pepper lemon diet, I'll discuss that in a separate web page.)

### **How to Make Lemon Cayenne Pepper Detox Drink**

Making the lemon cayenne pepper detox drink is simple. This is what you do:

- Put a 1/4 teaspoon of cayenne pepper into an eight-ounce glass of very, very warm water
- Cut a lemon in half; de-seed it
- Squeeze as much of the fresh lemon as you can into the glass
- Mix well
- Drink it

As you can see, it's very simple. If you want to add maple syrup, add a teaspoon or more of it and stir well. The warmer the water, the quicker the maple syrup will dissipate.

Drinking cayenne pepper with lemon gives it some flavor and makes it easier to drink. I recommend drinking this lemon cayenne pepper detox drink all at once. It's not meant to be a drink to be sipped or savored the way you would a fruit drink or a milkshake.

### **Conclusion**

#### **Quick Tip:**

Don't drink the lemon cayenne pepper detox drink right after doing an aerobic workout. Let your stomach settle for a minimum of half an hour before imbibing it. If not, you might be met with the most painful stomach ache you've ever experienced. I can personally testify as to that!!!

# Cayenne Pepper and Migraines

## *Does Cayenne Pepper Eliminate Migraines?*

**C**ayenne Pepper is an incredible medicinal herb that builds and nourishes the heart, immediately equalizing blood pressure upon its ingestion.

The health benefits of cayenne pepper are many and varied and for more information on its uses, please read the other pages in this website that you can see on the left-hand panel.

In this short article, I'd like to write about the effect of cayenne pepper upon migraines. Migraine headaches plague many. In fact, over 45 million Americans suffer from chronic headaches with 28 million suffering from migraines.

I suspect those figures, percentage wise, are the same in Europe and in Australia and New Zealand.

I am not a doctor but a close friend, who is like my mother to me, has had virulent migraines until she started taking cayenne. Her doctor conveyed to her that migraines are caused by various stimuli, including but not limited to blood vessel contraction.

In fact, according to WebMD.com, "*The exact causes of migraines are unknown although they are related to blood vessel contractions and other changes in the brain as well as inherited abnormalities in certain areas of the brain.*"

Moreover, WebMD.com also states that migraines are also heightened or even caused by light sensitivity, loud noise or strong odors, intense nausea or vomiting, a loss of appetite, and finally stomach upset or stomach pain.

I've personally never been afflicted with migraines; my adopted mother has, though. Sitting at her computer too long causes eye strain, which can cause a migraine. Anecdotal evidence suggests this is not uncommon.

## **More Health Benefits of Cayenne Pepper**

***There's good news: There is a natural cure for migraines.*** It is cayenne pepper. At the very least, it will severely lessen the recurrence of migraines. So while it may not be a "cure," it will certainly give some relief. Let me quote in full what my relative wrote on the matter (she's the widow of my third cousin):

*I have had migraines for nearly 40 years now. They started about the time I began menopause. My headaches were not diagnosed as migraine, however, until about 16 years ago. I have tried everything from Aleve up to 2 treatments of Botox and nothing helped except ... cayenne pepper. It stops the headache, if taken at onset, 3 times out of 4. I get these headaches 2 to 4 times a week. You can't just sprinkle cayenne on your food, you have to drink it. Start with a tiny bit in half a glass of warm water, stir well, and drink it, follow it with cold water to stop the burning sensation in your mouth. Work up to a full tsp of cayenne. I use cayenne on my food*

*as well. It is my miracle med and is a lot cheaper than Imitrex or Maxalt or preventive meds such as Topamax or Depacote, and there is no side effect with cayenne except for a little burning sensation in the mouth that doesn't last. (Disclaimer: This is my opinion and not to be considered medical advise without further research & discussion with your physician.)*

When my relative told me that her doctor said the main cause as far as they can tell is that migraines are caused by a constriction of the blood vessels in the head, my ears perked up.

One of the chief claims of cayenne pepper is that it immediately equalizes blood pressure throughout the body. As written elsewhere in this site, famed herbalist and naturopathic doctor Dr. John R. Christopher said he stopped many a heart attack victim if he could simply get a teaspoon of cayenne pepper tea in them.

Once the heart attack was stopped, he had them drink a full glass or cup of cayenne pepper tea. (Drinking an eight ounce glass of warm cayenne pepper water is what Dr. Christopher termed "cayenne pepper tea.")

Cayenne pepper will equalize the blood pressure and thus relieve pressure in the head region. That is why my loving relative has had some tangible success with cayenne. Quite frankly, I knew cayenne was great for your heart and venous structure and in immediately stopping bleeding but not migraines. It only further enhances my respect for this wonderful herb that is largely passed over by the medical community.

So, if you're a migraine sufferer, try cayenne pepper. Cayenne pepper and migraines go hand-in-hand like peas and carrots. Drink at least a glass a day but if you can working up to 2 to 3 a day starting with just a third of a teaspoon. It will help. It may not completely eliminate your migraines but at the very least it will mitigate its effects and the frequency of the migraines.

(The goal should be to be able to take a full teaspoon of cayenne daily.)

Take a glass of cayenne pepper tea or water upon the outset of the migraine headache and you should see results within a few minutes. Combine it with deep breathing and relaxed images and this should help significantly.

As always, talk to your doctor about your migraines -- especially if they're chronic.

## **Cayenne Pepper Hemorrhoid Cure**

### ***All Natural Hemorrhoid Cure***

**O**ne of the greatest health benefits of cayenne pepper is that it immediately affects the cardiovascular system. It nourishes the heart, cleans the blood, and facilitates healing of the blood vessels as well.

This cure is largely unknown to most as they just trust allopathic medicine, which has a less than stellar record of curing maladies.

The cayenne pepper hemorrhoid cure is just that - a cure. *By drinking a glass of cayenne pepper water daily, you will relieve the swelling and inflammation of veins in the human rectum and anus.*

Dr. John R. Christopher, the famed herbalist and naturopathic doctor, told the story of a bodybuilder friend of his who suffered from hemorrhoids so severe he had to wear a special belt to keep the hemorrhoids in place.

After drinking cayenne pepper religiously day after day, he was able to throw away the belt as his hemorrhoids went back to normal.

How does the cayenne pepper hemorrhoid cure work? Could it this be legitimate? Is there an all natural hemorrhoid cure? There is. Diet is a significant reason why people have hemorrhoids. The western diet is rich in fatty, starchy foods that wreak havoc on our systems.

Let's get back to the original question of this paragraph: just how does cayenne pepper help heal hemorrhoids. As mentioned, cayenne peppers are great for the circulatory system as it feeds the necessary elements in the cell structure of the arteries, capillaries and veins.

## **Cayenne Pepper Hemorrhoid Cure?: How Does it Work?**

Cayenne helps the capillaries, veins and arteries regain their elasticity of youth. Moreover, when the venous structure becomes filled with mucus, the blood "thickens" and has a harder time circulating.

When taken as a warm glass of water, cayenne pepper will immediately warm the system, feed the heart with rich nutrients and gradually influence its power to the arteries.

As hemorrhoids are an inflammation of the veins in the anus and rectum, cayenne pepper will heal the inflammation. The result? The itching and/or swelling of the veins will gradually be relieved. In some cases within a day or two. How do you apply or use cayenne pepper to heal your hemorrhoids? I'd advise against applying it topically. It will burn (although it won't harm you) and you'll probably quit using it.

The best way to use it is to ingest it. I drink my "cayenne pepper tea" with a half to full teaspoon of cayenne, juice from a lemon (if I have it) and warm water.

The term "cayenne pepper tea" is a misnomer and should rightly be called, "warm cayenne pepper water." It's easy: just a glass of warm cayenne pepper water, half a teaspoon of cayenne, juice from one fresh lemon if you have it, mix and drink.

Admittedly, it's hot to the taste, but it's tolerable and the body quickly adapts to the native calidity of the cayenne.

Simple but effective. Don't believe me? Fine with me. I'm no doctor but I know what works. It works. Just try it for a week or less and you'll see for yourself.

Oh, change your diet too. The culprit for hemorrhoids is a bad diet. Eat more vegetables and fruit, preferably raw. Grains are good too as they're rich in fiber.

By combining diet with this incredible herb, you'll save yourself a literal pain in the you-know-what and your in pocketbook as well.

## Can Cayenne Pepper Cure Cancer?

*Multiple Medical Studies Prove Capsaicin Destroys Cancer Cells*

**I**n clinical studies conducted in Japan, England and the United States, capsaicin the critical metabolite compound in cayenne pepper has been shown to cause cancer cells to undergo "apoptosis" a form of cellular self-termination.

This is ground-breaking information but I'll bet you've not heard about it. What does this mean in practical terms? It means that cayenne pepper and other hot peppers with capsaicin have been proven in medical studies to kill leukemic, pancreatic and prostate cancer cells.

One study, as conducted by the American Association for Cancer Research, reports [capsaicin is able to kill prostate cancer cells](#) by forcing them to undergo apoptosis. The study says capsaicin, "...has a profound antiproliferative effect on prostate cancer cells, inducing the apoptosis of both androgen receptor-positive and -negative prostate cancer cell lines..."

Furthermore, the study also says, "*In summary, our data suggests that capsaicin, or a related analogue, may have a role in the management of prostate cancer.*"

(For your convenience, I've converted the study into a PDF file for your convenience. You can download it by right-clicking on the preceding link and other links on this page, and selecting File Save As or Save Link As. You will need Adobe Reader, which you can get for free at Adobe.com.)

### How Can Cayenne Pepper Kill Cancer Cells?

The studies say capsaicin is the agent that is shown to kill cancer cells. What is capsaicin? Capsaicin is the key component of peppers of the *Capsicum* genus of the *Solanaceae* family of which cayenne pepper is a member.

It is a chemical compound that stimulates the chemoreceptor nerve endings and in your mucous membranes. Furthermore, capsaicin is a compound that is among the group of capsaicinoids and are produced as a secondary metabolite by chili peppers.

It's the capsaicin that makes cayenne pepper hot, and it's the capsaicin that causes mucus membranes to react.

Continuing, as [reported by the BBC](#), another study conducted at the University of Nottingham in England strongly suggests that it is the compound capsaicin that is able to trigger apoptosis in lung- and pancreatic-cancer cells.

There have also been [several clinical studies conducted in Japan and China](#) that showed natural capsaicin directly inhibits the growth of leukemic cells as well.

So does this mean a new cancer drug is right around the corner? No and I personally doubt there ever will be. You see Big Pharma and cancer research institutes (and government) learned long ago what good poker players know: you can shear a sheep many times but you can kill it only once.

The War on Cancer, as declared by Pres. Richard Nixon in 1971, was always meant to be a war much like the war in Vietnam or in Iraq: It is a war that is never meant to be won, it is a war that is meant to be sustained. For you see, by prolonging the "war," greater profits are made for the Military Industrial Establishment and Big Oil.

So it is with Big Pharma and the government for there are large tax revenues to be derived.

In the article produced by the BBC, Josephine Querido, cancer information officer at the Cancer Research UK commented that "This research does not suggest that eating vast quantities of chilli pepper will help prevent or treat cancer. The experiments showed that pepper extracts killed cancer cells grown in the laboratory, but these have not yet been tested to see if they are safe and effective in humans."

Huh!!!?? "...not tested to see if they are safe and effective in humans"? Please! Numerous humans consume peppers, cayenne pepper and other high-capsaicin foods on a daily basis throughout the world and have for centuries.

My friend, you'll never see a cancer-curing pill for it would be an end to billions and billions and billions in cancer research funds. The cure necessary to cause cancer to go in remission already exists: vegetables. And now, Western medicine has proven in an astonishing moment of honesty that capsaicin, the compound in cayenne pepper and other peppers, kills cancer cells.

### **SIDEBAR:**

Vegetables? Yes, vegetables. As reported in an article in the *San Francisco Chronicle* on October 21, 2004, Rudy Tomjanovich was able to reverse his bladder cancer by going on a vegetable-only diet for two months. The article says, "*Two years ago, he was diagnosed with bladder cancer...He ate only raw vegetables for two months, dropped nearly 30 pounds and had trouble filling out his clothes. 'Absolutely, rebirth is the right word,' said Tomjanovich, who was pronounced cancer-free last October.*"

Tomjanovich's story is not unique. There are many who have reversed cancer through high-fiber, vegetable, fruit and grain diets, including Dr. Lorraine Day, a traditionally trained Western doctor who had breast cancer.

## **Conclusion**

We now know that cayenne pepper, or any other highly-concentrated capsaicin food, and green vegetables go a long way in reversing cancer. (Medicinal herbalists have also asserted that the herb chaparral is effective in helping to mitigate cancer, but that's a story for another day.)

The health benefits of cayenne pepper just keep getting better and better. It is a proven aid to reversing heart disease, the number one killer in America, but it also has a myriad number of other medicinal uses as well. And now, Western medical science has now shown in rigorous studies that it also kills cancer cells.

So, think about adding it to your health regime. I drink a warm glass of water with a 1/4 of a teaspoon to a full teaspoon almost daily. If that is too extreme for you, start taking just one capsule of it per day. That's a small price to pay for your health.

## **Cayenne Pepper Heat Units**

### ***Scoville Rating Scale in Relation to Cayenne Pepper***

**C**ayenne pepper is hot, really hot. If you've ever sprinkled it on a favorite Asian or Mexican dish or if you've added it to your daily health regime, you know that.

In order to give as much info as possible in this cayenne pepper website, I'd like to go over the Scoville Rating Scale and cayenne's place in it and its importance.

Cayenne pepper (or capsicum as it's sometimes referred to as) is rated 30,000 to 50,000 Scoville Heat Units (SHU) on the Scoville Rating Scale. In order to make sense of that rating system, let's discuss it now.

The Scoville Rating Scale was devised by American chemist Wilbur Scoville in 1912. The Scoville scale measures the hotness or calidity of the chili pepper as determined by the amount of capsaicin in the pepper or sauce.

The problem with the Scoville Rating Scale, or the Scoville Organoleptic Test as it's sometimes called, is that it's based on sensory perception and human subjectivity. A more accurate measurement of the heat of hot peppers and cayenne pepper is The Gillett Method, which is high-pressure liquid chromatography. This method measures the level of capsaicin and is more accurate. That said, the Scoville Rating Scale is fine for everyone who is not a scientist.

## **Let's Talk About Capsaicin**

Capsaicin is a chemical compound that stimulates the chemoreceptor nerve endings in the skin and in your mucous membranes. Capsaicin and other related compounds are called capsaicinoids and are produced as a secondary metabolite by chili peppers.

So, in other words, it's the capsaicin that makes cayenne pepper hot to the taste, and it's the capsaicin that causes your mucus membranes to react so strongly.

By the way, secondary metabolites are organic compounds not directly involved in the normal development, reproduction or growth of organisms, which organisms can include plants as well as animals. In the case of cayenne pepper, scientists believe the capsaicin developed as an evolutionary defense mechanism to discourage animals from eating it. That's debatable, however.

# Okay, So How Hot Is Cayenne Pepper on The Scoville Rating Scale?

The most common way to evaluate a pepper's pungency is a simple taste test. However, that's not always wise, is it?! Below is a graphic that details the various ratings.

Continuing, the chart in Scoville Heat Units (SHU) below rates chiles, peppers, and sauces, with 0 being the mildest. The chart should be self-explanatory, however. That said, here's how to read the chart:

- Mild: 0 to 5,000 SHUs
- Medium Hot: 5,000 to 20,000 SHUs
- Whew! Hot-Hot: 20,000 to 70,000 SHUs
- Really, Really, Really, Hot: 70,000 to 125,000
- Really, Extremely, Uncomfortably, Shockingly Hot: 125,000 to 1,250,000
- Devilish Hell Fire, I-Wish-I-Were-Dead Hot: 1,250,000 to 16,000,000 SHUs

As you will see on the Scoville scale graphic below, a sweet green pepper, which contains no capsaicin, has a Scoville rating of zero while the hottest chiles have a rating of 300,000 or more. This means that a chili's extract, like a habanero would have to be diluted 300,000-fold before the capsaicin present is undetectable as in a green pepper.

So, now that you know how to read the Scoville Heat Unit scale, here's the graphic. Notice cayenne pepper is in the 30,000 to 50,000 range. However, that is average. The African birdseye cayene version (*Capsicum fastigiatum*) can come in at 90,000 to 160,000! Even the *Capsicum annum* version of cayenne can come in at 90,000 SHUs or above. Believe me, that is very, very, very hot.

The health benefits I've been able to glean from cayenne have come with the plain 30,000 to 50,000 *Capsicum annum* American version.

## Nutrient Profile of Cayenne Pepper

### *An In-Depth Nutrient Analysis of Cayenne Pepper*

The health benefits of cayenne pepper are known to many and that knowledge is increasing. Western medicine, while a great benefit and blessing to mankind for its emergency care and modern-day anesthesia, is not the panacea to all health issues, though. And western medicine's lack of accomplishment in the cure of diseases speaks for itself.

This page's purpose is to show you the nutrient profile of cayenne pepper, not to dwell on the problems with modern-day health care.

Cayenne pepper is literally one the greatest health secrets in the world. It is almost unparalleled in its remarkable array of health benefits known the world over. But just what's in it?

Below is an in-depth nutrient analysis of cayenne pepper or capsicum.

**NUTRITION INFORMATION**

Amounts per 1 tbsp (5g)

**Cayenne Pepper**

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	16.7 (69.9 kJ)	1%
From Carbohydrate	7.0 (29.3 kJ)	
From Fat	7.6 (31.8 kJ)	
From Protein	2.1 (8.8 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	0.6 g	1%

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	3.0 g	1%
Dietary Fiber	1.4 g	6%
Starch	~	
Sugars	0.5 g	

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	2185 IU	44%
Retinol	0.0 mcg	
Retinol Activity Equivalent	109 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	1146 mcg	
Beta Cryptoxanthin	328 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	691 mcg	
Vitamin C	4.0 mg	7%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.6 mg	8%
Beta Tocopherol	~	
Gamma Tocopherol	~	
Delta Tocopherol	~	
Vitamin K	4.2 mcg	5%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	3%
Niacin	0.5 mg	2%
Vitamin B6	0.1 mg	6%
Folate	5.6 mcg	1%
Food Folate	5.6 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	5.6 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	~	~
Choline	2.7 mg	
Betaine	~	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	0.9 g	1%
Saturated Fat	0.2 g	1%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.4 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	34.6 mg	
Total Omega-6 fatty acids	405 mg	

Sterols		
Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	4.4 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	7.8 mg	1%
Iron	0.4 mg	2%
Magnesium	8.0 mg	2%
Phosphorus	15.4 mg	2%
Potassium	106 mg	3%
Sodium	1.6 mg	0%
Zinc	0.1 mg	1%
Copper	0.0 mg	1%
Manganese	0.1 mg	5%
Selenium	0.5 mcg	1%
Fluoride	~	

Just for clarity, here are what the various acronyms mean:

- g - grams
- mg - milligrams
- mcg - micrograms
- %DV - percentage of daily value
- International Unit (IU)

For more information on what those standards mean, I suggest searching online in Google or your search engine of choice and getting more information there. However, here is a question that comes up often.

**Question:** 1 mcg is how many mg?

**Answer:** 1000 mcg = 1 mg. Thus 1 mcg = 0.001 mg.

For International Units, let me quote directly from Wikipedia for ultimate clarity.

*"An International Unit is a standardized measure of the biological activity (biological effect) of manufactured medicinal drugs and vitamins. For every substance to which this unit is assigned, there is an internationally accepted biological effect expected with a dose of 1 IU. Other quantities of the standard preparation of the substance are expressed in multiples of this dose and may be converted into mass units. For example, 1IU is equivalent to 45.5 microgram (0.0455 milligram) of insulin, 0.6 microgram (0.0006 milligram) of penicillin, 0.3 microgram (0.0003 milligram) of vitamin-A, 50 micrograms (0.050 milligram) of vitamin-C, or 25 nanograms (0.000025 milligram) of vitamin-D."*

The important thing to see here is that cayenne is teeming with Vitamin A and Beta Carotene. That said, it is unique combination of nutrients that exist in a delicate balance that form, along with capsaicin an herb that has a rightful claim to being the king of the herbs. At first glance, the nutrient profile of cayenne pepper seems unremarkable and perhaps it is.

Just what makes it such a unique and powerful herb? The capsaicin, the secondary metabolite in cayenne and hot peppers that makes them hot to the taste, is a very powerful nutrient that has been shown in three separate studies to kill prostate, leukemic, pancreatic and prostate cancer cells.

Whether you believe Almighty God or evolution or both created this remarkable herb, what's important to note here is that the specific combination of nutrients and trace elements and metabolites are what form a particular powerful valence. It is that delicate and unique balance or valence that makes up this remarkable herb or spice.

Genetically speaking, we are very close to the ape family but there is a stark difference needless to say between the two species. In molecular biology, the adding or subtracting of one molecule can dramatically affect something's form and existence.

Cayenne and other herbs are no exception. Cayenne pepper is truly one of the greatest health secrets of the world.

## **Incredible Stories About Cayenne Pepper**

**W**hen I began writing this article for this site about cayenne pepper, I thought I'd have just a few stories to tell but I was wrong.

Since I created this site, I've been emailed by many people touting cayenne pepper and sharing their stories about cayenne. This has been very gratifying for there is no better way to spread the word about something than word of mouth.

Let me share just a few stories that I've come across in my research of cayenne pepper. There are many stories from 19th century America but there are just as many now. I'll try to include a cross section of as many eras as possible.

Before I start, why am I writing this article? Because I'm hoping you will be persuaded to at least give cayenne a try. Add it to your health regiment and watch what happens.

### **My Story**

I didn't start off having a lot of faith in doctors. I've been studying cayenne and medicinal herbs for over 25 years due to that. Growing up, my mother was always sick and our medicine cabinet at home looked like a pharmacy. When I was 7 1/2, I stepped on a nail by my friend's house and had to go to the doctor's for a tetanus shot.

I still remember the piercing pain as he stuck the needle deep into the wound. I let out a howl heard three states away.

Actually my distrust started even earlier toward doctors. When I was five, our family doctor's name was, and I kid you not, Dr. Bloody! Not the most auspicious name for

a doctor! I still remember the shots he gave me and his cold, unfeeling manner. How I hated going to the doctor!

Needless to say, not all doctors are bad. I know that. Most are good, decent people. Their problem as a collective group is that they are close minded regarding alternative medicine, herbs included. Anyway, one year ago as of this writing (July 2009), I had some pictures taken of me with my shirt off by a friend so as to motivate me to start exercising again.

I weighed 188 pounds. I was carrying at least 25 pounds more than my somatic frame needed. I was disgusted and began a regime of long-distance running twice a week. When I started, my cholesterol was 215, and my systolic and diastolic was 125/85 or so. My resting pulse was 72. Not bad but not great.

It was hard at first but I kept at it. In eight months, without really watching my diet closely, I dropped 20 pounds and my blood pressure went to 118 to 120 systolic to 80 to 76 diastolic. My resting pulse went down to 54 and was as low as 50 occasionally. I've taken cayenne periodically throughout my life but a while back, I decided I needed to put my money where my mouth was and to take cayenne daily or at least three times a week. While I've known about cayenne for years, I've never enjoyed drinking it. Of course, I didn't start out right way back 20 years ago. I started by taking a full teaspoon at a time! That was ill advised. When I scaled it back, things went much better.

Last month, I checked my blood pressure and it was 107/70 with a resting pulse of 48. My cholesterol dropped to 175 too. I just checked it literally a minute ago on my LifeSource digital blood pressure monitor and it is 105/71 with a resting pulse of 49. I recommend the LifeSource blood pressure monitor. It works great and it's convenient.

**The only change I made was taking cayenne either daily or bi-daily.** It cleared up a hemorrhoid problem I had too. It's not pleasant to talk about the scatological, but folks, cayenne pepper works. It literally cured the swollen hemorrhoids, removing the itchiness and the bleeding in only two days! I'm not exaggerating. Everything went back to normal down there. I have improved my diet too since then but capsicum worked in only two days.

It's not pleasant to drink or take either but it works. It's a small price to pay for so many magnificent health benefits.

## **Another Cayenne Pepper Story**

### ***Cayenne Pepper Heals Frostbite Harmed Flesh***

This story comes from 19th century Utah as reported in a Spring 2006 article in Currents, a quarterly publication of the Utah Division of State History (a relative sent it to me). The article is titled, ***The Split Frog Cure & Other Curiosities of Pioneer Medicine.***

A person by the name of Priddy Meeks was an herbalist doctor in the Thompson tradition who left lengthy autobiography and journal entries regarding the marvelous

curative power of plants and other herbs. Dr. Meeks, the articles says, swore by lobelia and cayenne pepper as "miracle herbs."

Let me recount the story as written by Priddy Meeks.

*There was a teamster with Colonel Johnston's army by the name of James McCann, a young man, started to go back to the states by way of California. He reached Parowan, Utah with both feet frozen above his ankles. He was left with me to have both feet amputated as it was thought there was no possible chance to save his life without amputation. I was at my wit's end to know what to do. I saw no possible chance for amputation. An impulse seemed to strike my mind as though by inspiration that I would give him cayenne pepper inwardly and see what effect that would have on the frozen feet. I commenced by giving him rather small doses at first, about three times a day. It increased the warmth and power of action in the blood to such a degree that it gave him such pain and misery in his legs that he could not bear it.*

He lay down on his back and elevated his feet up against the wall for three or four days and then he could sit up in a chair. The frozen flesh would rot and rope down from his foot when it would be on his knee, clear down to the floor, just like a buckwheat batter, and the new flesh would get out of the way. In fact, the new flesh would seem to crowd the dead flesh out of the way to make room for the new flesh. That **was all the medical treatment he had** and to my astonishment and to every one else that knew of the circumstances, the sixteenth day after I gave him the first dose of cayenne pepper he walked nine miles, or from Parowan to Red creek and back, and said that he could have walked as far again. He lost but five toe nails all told. Now the healing power of nature is in the blood and to accelerate the blood is to accelerate the healing power of nature and I am convinced that there is nothing will do this like cayenne pepper; you will find it applicable in all cases of sickness.

(The sources of this article are the Utah Historical Quarterly, A History of Kane County, and Heart Throbs of the West, vol. 7 as published in Currents, Spring of 2006.)

Quite amazing, isn't it?

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## **Cayenne Pepper Cured a Man's Hemorrhoids**

I had a gentlemen email me recently telling me how cayenne cured his hemorrhoids and a stomach ulcer. He'd had especially virulent hemorrhoids and within a week, they were gone. His stomach ulcer went away too.

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## **Cayenne Helped Relieve Migraine Headache Suffer**

While touting the health benefits of cayenne pepper to a relative, my relative asked me if cayenne would work for her migraines (this was before I discovered an herbal

cure for migraines). I said cayenne immediately equalizes the blood pressure in the system when drunk and as blood pressure was a part, not the only thing, but a part of migraine problems, it couldn't hurt to try. She reported that cayenne took her migraines away quite consistently and significantly diminished their severity when she did get them.

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## **Dr. John R. Christopher Cayenne Story**

When a young man in his thirties, Dr. John R. Christopher was told by doctors he would not live past his fortieth year as he had severe arthritis, stomach ulcers, and hardening of the arteries. Plus, a few car accidents had damaged him badly. He started using cayenne pepper and actually worked up to a teaspoon taken three times a day! (And I thought I was cool taking it once daily!) Just a few short years later, when he was forty-five years old, he was in a business with a group that wanted him to have a \$100,000 insurance policy due to his involvement and importance with a particular business deal he was involved in at the time.

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## **Cayenne Pepper Lowers Blood Pressure**

While getting a physical, Dr. Christopher had a doctor tell him he had the venous structure of a teenage boy while at the age of forty-five years young. The doctor kept repeating the blood pressure check over and over again as he couldn't believe it. Dr. Christopher began to be perturbed, and asked him if the equipment was broken. The doctor told him his systolic over your diastolic was absolutely perfect. The doctor exclaimed, "I cannot comprehend it." Dr. Christopher told him it was because of his constant usage of wonderful herb cayenne pepper and a healthy, mucus-free diet.

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## **Interesting Cayenne Pepper Research Study**

Many years ago, there was an experiment conducted on cayenne that was printed in various medical journals. Medical researchers put some live heart tissue in a beaker filled with distilled water. (Whether it was human or non-human heart tissue I do not know.) They fed it only cayenne pepper.

They were required to clean off sediments that would build up, or waste, but that was all. They did periodically replace the distilled water as well. As the experiment progressed, they were obligated to trim the heart tissue of its extra growth as it would grow so quickly. This experiment was continued for 15 years.

The doctor who originated the experiment died and his associate researches were obligated to continue the experiment, which they did for two more years before ending the experiment and destroying the heart tissue. This experiment validates

what medicinal herbalists have been saying for years that cayenne is incredible for the heart.

## **Dr. Christopher's Introduction to Cayenne**

One thing that is interesting and it may be to you too is that Dr. Christopher himself needed to be converted to the virtues of cayenne pepper. When he was attending the Herbal College in Canada, which I believe is now defunct, the professor said that the class was now going to study cayenne pepper. "Why cayenne pepper?" asked Dr. Christopher. "It will burn the lining out of the stomach."

The teacher, one Dr. Nowell, asked nonplussed, "Where did you get your information?" "My mother told me," answered Dr. Christopher.

Everybody laughed. Dr. Nowell and John Christopher didn't. According to Dr. Christopher's own record, Dr. Nowell took him around Vancouver introducing him to over a dozen people whose lives had been saved with the wonderful herb known as cayenne pepper. He met people with heart troubles, asthma, ulcers, and many other ailments that cayenne had cured. Wherever they went, numerous people were full of gratitude for being helped and taught about cayenne. From that point forward to the end of his life in Feb. 1983, Dr. Christopher was sold on this nondescript herb and took it thrice daily.

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## **Cayenne Saves a Boy Shot In The Stomach**

The story goes that a child was shot in the abdomen with the bullet hitting the spine, and made a second wound leaving the body. One of Dr. Christopher's herbal students was living next door to the child and heard the shot. Neither parent was home and that the children, ages eight and four, would not be shooting guns.

What she saw next horrified her. She saw the eight-year-old gushing blood out of the entry and exit wounds. She hastily retrieved cayenne and mixed a hefty tablespoonful in a glass of water. She poured it down the boy's throat then called for an ambulance. The emergency room attendant told the student that the young boy would most likely bleed to death, as the ambulance was 18 miles or so away.

The ambulance arrived and rushed the child to the hospital. When he arrived, everyone was astonished as the bleeding had stopped and he was talking and was coherent. In fact, the bleeding had stopped before the ambulance arrived at the hospital.

The emergency doctor told the boy's parents the following, "I have seen many accident victims in my life, but this is the first time in such an emergency operation that I have opened an abdomen to find no blood, except for a small amount that was there before the bleeding stopped so quickly. This has saved your boy's life."

According to his writings, in that same year, Dr. Christopher treated four other

gunshot victims. What happens is that while each case responded was essentially the same, occasionally the blood will coagulate and come out in clumps before it will completely stop.

According to the late Dr. Christopher, "By the time you count to ten, the heavy bleeding should stop completely after administering cayenne pepper." He would use a tincture on the open wounds as well.

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## **Cayenne Pepper Heals Ulcers**

The next Christopher story may be the best ulcer story you've ever heard. For years, a certain lady had been interested in Dr. Christopher's ideas on herbal medicine. This woman, while a believer in alternative medicine, had a husband who was not only anti-herbal medicine but would actually mock it and Dr. Christopher. Whenever he saw Dr. Christopher on the street, he would ask him sarcastically if he had killed anybody with his treatments. Dr. Christopher avoided him and would go on his way. This persecutor suffered from a severe case of stomach ulcers that the doctors couldn't do anything about. In fact, this man's doctor recommended removing part of the man's stomach, but he refused.

According to the man himself, he came home from work one night so ill and in so much pain from his stomach ulcers that he felt he couldn't take it anymore and wanted to die. As his wife was not home, he decided to commit suicide due to the pain.

He thought an overdose of pills would do the job but upon looking in the bathroom medicine cabinet he found no pills. What was in the cabinet were bottles of various herbs and a container of cayenne pepper.

As he totally discounted cayenne and any medicinal herb, he thought cayenne was so hot that a large enough dose would kill him. He took a massive, heaping tablespoon of cayenne pepper in a glass of hot water, drank it and went into the bedroom and laid on the bed with a pillow over his head so his neighbors couldn't hear him scream and thus stop his suicide attempt.

Well, what happened next? He fell asleep and the next thing he knew, his wife was shaking him to wake up the next morning. He had slept through the night -- the first time in years -- and the stomach pain was gone. As he became "converted" to cayenne, he took it religiously three times a day and never had any more stomach ulcers. He approached Dr. Christopher on the street one day not to mock him as before but to this time thank him for telling his wife about the wonderful herb known as cayenne pepper.

This man used to have to wake up numerous times in the morning taking anti-acid pills as his ulcers were so bad. For years he never had a full night's sleep due to this regime. Once he started using cayenne, he could sleep normally again. I wonder what his doctor felt after losing him as a patient!

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## **Cayenne Pepper Stops Heart Attacks**

Probably the greatest claim to fame that cayenne has is its ability to immediately arrest a heart attack. This is quite an incredible claim, I know. One night, Dr. C. received a call from a patient of his. This woman's husband had fainted from a heart attack. Dr. C. told her get some warm water and miss a teaspoon of cayenne pepper in the water, which she did. The woman propped up her husband and gave him a little. Upon being revived, he finished the cup of the cayenne pepper tea and within minutes was revived. He too became converted to herbs and even eventually ran a health food store.

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## **Cayenne Great for Wounds and Cuts**

Capsicum is great for emergency situations as this following story will also attest. A young man had cut his hand and fingers very badly. The cuts were so deep that the blood was literally spurting out. The boy put a large quantity of cayenne into the wound and within seconds the bleeding slowed, then congealed and then stopped. (I've seen this in action myself when I cut myself with a knife in the kitchen.) Later, while at a lecture with Dr. C., he unwrapped the bandage to show the audience the scar, but there was none. The cut had been completely healed.

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## **Blood Pressure Problems? Cayenne to The Rescue**

Are you over 40 or 50 or 60 or 70 and want to lower your blood pressure? Take cayenne. At the age of 75, Dr. Christopher had his blood pressure checked in front of a large audience by a traditionally trained medical doctor. His systolic and diastolic was that of a young man. Cayenne wasn't the only reason as Dr. C. followed a diet rich in vegetables, fruits and grains, but cayenne was his staple. My blood pressure has significantly lowered too since regularly taking capsicum so I believe this story.

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## **Cayenne Pepper Helps a Man's Heart Palpitations and Arrhythmia**

One gentlemen wrote that he's been using capsicum pepper for several months for his heart arrhythmia. He testifies that his heart rate goes back to normal in literally less than a minute. He says he uses a 1/2 teaspoon in warm water, and drinks less than a cup. (He's a brave soul!) Furthermore, he says he's tried many traditional cures and all natural cures, but never has had one work so quickly and so well. He also says, "The Phamaceutical companies will probably try to get this miracle cure

declared illegal!" He's right, I'm sad to say. Pharmaceutical drug companies stand to lose literally billions of dollars if people knew about cayenne.

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## **Cayenne Pepper Helps Man With Athlete's Foot**

A man wrote me complaining about his athlete's foot and related the story of how a couple of years ago he was persuaded by a family friend to try cayenne. He thought it absurd but as everything else he had tried didn't work, he decided to give it a try. He put cayenne in a little bit of salt water and immersed a gauze pad in it and taped it to his toe regions where the athlete's foot was. It cured it and the athlete's foot hasn't returned, he said. He's now a believer in cayenne and says he takes a couple capsules a day (he won't drink it, though!).

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## **Cayenne Pepper & Candida Story**

A lady from Bozeman, Montana emailed me to tell me about how cayenne took away her candida problem. Candida is quite common and she mentioned she tried everything. She did a web search a few years ago and read something on the marvelous properties of cayenne. Then, she said, a couple of days later, her uncle called her and recommended cayenne pepper as it had helped cure and mitigate an ulcer he had developed. "That was a coincidence, I thought, and to me that was confirmation from something that I was on the right track." She started taking cayenne and it cleared it up. She also started a colon cleanse and has since done a kidney cleanse too.

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## **Cayenne Pepper and Weight Loss**

About five months ago, a man from Naperville, Illinois emailed me telling me he had read an article about cayenne pepper while on his business trip to Atlanta, Georgia. The article said cayenne would help with improving energy and weight loss. He was intrigued. He started taking a few capsules at a time and says he has more energy than before he takes it and that it has had an equalizing effect on his whole system. He's still using it and combined with aerobic exercise has lost about 15 pounds (the aerobic exercise has a lot to do with that, not just cayenne).

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## Cayenne Great for Sore Throats

Joakim from White Plains, New York wrote me telling me how he gargles with cayenne when he get's a sore throat or feels the flu coming on. He says it cleans out the bad bacteria and leaves him feeling better and free of the whooping cough. He even has his young children doing it when they get "the sniffles." He has also tried cayenne on the wounds, cuts and bruises his kids get and when he puts it on the kids cuts, he says they don't complain but tell him, "the red stuff makes it feel warm and it doesn't hurt Daddy."

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## Treating Wounds With Cayenne Pepper

**A**mong its many health benefits, cayenne pepper is also a great herb for the treating of wounds or lacerations. This may come as bit of a surprise to many. Cayenne pepper however is a multi-faceted herb.

Not only does it stanch the blood flow of a cut or laceration, but it also actually *disinfects* the wound as it possesses anti-fungal and anti-bacterial capabilities. This has been known for decades by medicinal herbalists but has also recently been confirmed in a study as published in *Medical Mycology*.

In a study titled, *A Novel Antifungal Compound from Cayenne Pepper*, cayenne, or capsicum as it's sometimes called, was found to possess remarkable antifungal activity or properties. One of the constituent elements of cayenne is CAY-1. This saponin was found to disturb the membrane activity in fungal cells.

This comes from the study's abstract. It says:

*"CAY-1, a novel saponin from Capsicum frutescens (commercially known as cayenne pepper), was investigated to determine its in vitro antifungal activity, mechanism of action and mammalian cell cytotoxicity. CAY-1 was active against 16 different fungal strains, including Candida spp. and Aspergillus fumigatus [minimum inhibitory concentrations (MIC) ranging from 4 to 16 µg ml<sup>-1</sup>], and was especially active against Cryptococcus neoformans (90% inhibition at 1 µg ml<sup>-1</sup>). Synergistic activity was also observed between CAY-1 and amphotericin B against Candida albicans and A. fumigatus. No significant cytotoxicity was demonstrated when CAY-1 was tested against 55 mammalian cell lines at up to 100 µg ml<sup>-1</sup>. Importantly, CAY-1 appears to act by disrupting the membrane integrity of fungal cells."\*\**

## How to Use Cayenne Pepper in Treating Wounds

I've actually seen online where one herb company advised against putting cayenne in a wound due to its heat. Don't worry. I've personally done it at least a dozen times and had no negative effect upon my wound or health in any way.

So, how do you use it in treating a wound or to stop the bleeding of a fresh wound? **Simply place the cayenne pepper powder in the wound.** It will stop the

bleeding in 10 to 12 seconds. If the wound is severe, it's ideal if the afflicted person can drink an eight-ounce glass. That's not always possible, however, I know, but would be ideal.

Why would drinking it be important in such a circumstance? Because remember, cayenne equalizes the blood pressure immediately upon its ingestion.

What about something more severe like hemorrhages? Let me quote directly from Herbalist Dr. John Christopher's book, *School of Natural Healing*, "...take a teaspoonful of cayenne in a glass of extra-warm water, drink it down, and by the count of ten, the bleeding will stop. Instead of all the pressure being centralized, it is equalized, and the clotting becomes more rapid. Whether the bleeding is internal or external, a teaspoon of cayenne taken orally in a glass of hot water will stop the bleeding quickly."

**(Needless to say, see your doctor immediately with a serious injury.)** I'm not a doctor and if there is one thing allopathic or Western medicine truly excels in is the treatment of emergency medical situations. It's not great in the eradication of diseases, of course, for there's simply too much profit in disease but it's great in emergency situations. It's not a panacea, however. Time has surely proven that.)

It will not hurt, of course, to swab a wound with alcohol to clean it, but if none is available, our friend cayenne pepper will do the job for even allopathic medical science has now proven its anti-fungal power.

Cayenne should be in everyone's refrigerator or medicine cabinet as for household scraps and cuts and bruises, it is a ready-made herb both cleaning the wound and stopping bleeding.

## Choosing The Best Cayenne Pepper

**T**here are many derivations of cayenne pepper powder in the marketplace. Some wonder what is the best one to choose. This is understandable. In this short web page within this CayennePepper.info site, I can give you some criteria to utilize when selecting the best cayenne powder.

I won't go into it in depth now, but as you may or may not know, there are different "versions" or classifications of cayenne pepper. There are also variants to the cayenne pepper powder in heat, color and nutritional potency. It's important to know these.

First, just a very quick rehash of the different classifications of cayenne pepper or capsicum as it's sometimes called although somewhat inaccurately. Cayenne pepper (*Capsicum frutescens* or *Capsicum annum*) comes from red hot chili peppers in primarily two varieties:

- American version (*Capsicum minimum*)
- African birdseye cayenne (*Capsicum fastigiatum*). This one tends to be the most potent in terms of heat as rated by the Scoville Heat Units ranking system

## Cayenne Pepper Heat Units

Cayenne is hot. Its heat is generally ranked by two methods, the Gillette Method and the Scoville Heat Units (SHU). The Scoville heat classification is the most popular, measuring the capsaicin in the cayenne.

Cayenne is generally rated at a minimum of 30,000 to 50,000 SHUs but can also be rated as hot as 90,000 to 140,000 SHUs.

The 30,000 to 50,000 SHU cayenne pepper powder is very commonly found; the hotter cayenne less so. Trust me when I say the 30 - 50k SHUs cayenne is plenty hot and has wonderful nutritional and therapeutic health benefits.

**Most people tend to think the more is better**, which is understandable. Taking 90k to 140k SHU cayenne is a challenge. It's ***very*** hot. One must balance discretion with desired benefits, in my view. As taking cayenne is so challenging for many, it is advisable to start small. Taking 30 to 50k SHU cayenne is more than sufficient.

That's not to say you shouldn't take the hotter cayenne pepper powder. If you do, just take much less. For beginners, take the 30 to 50k SHU cayenne pepper powder. That's my recommendation. The 70 to 140k SHU cayenne is simply too much for most people.

## Drinking Cayenne Pepper Powder Water?

Quick anecdote to illustrate the point. My friend Aaron was telling me about his hemorrhoid problem and I told him unabashedly, "Take cayenne pepper in water and drink it daily. That should help. It helped my hemorrhoid problem. I'm not a doctor and you should see your doctor, but it worked for me and has worked for many others." He was open minded enough to try it. He didn't believe me when I told him I drink it regularly, though.

"You really drink it?" He asked me incredulously.

"Yes," I said emphatically.

"Prove it," he said.

So, I did. I drank an eight-ounce glass of half a teaspoon of 90k SHU African birdseye cayenne right in front of him. He was stunned.

He had some of his own cayenne as someone had told him he should take it as it's so good for you, which was great to hear.

I tasted a small amount and I'd rate it as a 30 to 50k SHU cayenne. As I knew what was coming, I entertained the thought of selling him on using my African birdseye cayenne pepper powder but he insisted on using his own. "Smart boy," I thought with a wry smile.

He put an eighth of a teaspoon in warm water with some honey (his idea) and drank it. It was almost comical watching him cope with the "after effects." Coughing, mucous galore, spitting, watery eyes, flushed red face -- the works! He thought it was going to be easy as he watched me drink mine straight without so much as a cough. He didn't know I'm used to it now and that my body has adapted. He had never in his life used cayenne so I wasn't too surprised by his body's virulent reaction to it.

Still, the schadenfreude -- pleasure from pain -- I had watching his post-drink experience was somewhat devilish and fun to see! :)

He's going to stick with it, he said. I hope he does.

**So, the point of the story?** Here it is: 30k to 50k SHU cayenne pepper powder is more than sufficient for most people. If it's too hard to tolerate, people won't stick with it. Start small and build up to it. Your body **will** adapt.

## What to Look For In Cayenne Pepper Powder

All cayenne is good for you but there is one thing to look for (other than freshness, of course) that I recommend. This recommendation is something I've heard from those herbalists and others for years. Look for the beautiful orange-red cayenne. Why?

The bright orangish-colored cayenne powder is indicative of a high degree of beta carotene.

That's not to say that darker colored cayenne is bad for you. It isn't -- not at all. It's simply not as flushed with beta carotene as the bright orange cayenne. In truth, the beta carotene is a much-needed nutrient to the human organism. Notice the two different cayenne pepper powders on this page here:



Notice how one is a beautiful orangish-red color with the coloring about 80% to 90% orange-colored and the other one with a beautiful burgundy color. Both are wonderfully healthy for you. In my refrigerator right now, I have both. One is 90k SHU and the other 50k, the orange and burgundy ones respectively.

I like the orange-colored cayenne as it is teeming with a high degree of beta carotene. The other still has beta carotene but not as much.

Common grocery store cayenne powder tends to be brownish red. Good health food store or herbal wholesaler cayenne powder tends to have vibrant reddish burgundy and orangish red like you see above. Since I wrote the above, I have found some cayenne that has a light yellowish-brownish color so that's a clarification to my clarification! But notice the spectrum of colors that cayenne pepper powder can come in. It has a beautiful range from dark, rich burgundy to light yellowish-brownish color. All these cayenne powders are great for you.



These cayenne range from the 35,000 SHU to 160,000 SHUs so while there's a range of colors, there's a range in heat and the consequent capsaicin as well.

## Conclusion

I hope now you now what cayenne pepper powder you should buy. You can find cayenne in any grocery store although I recommend buying it at a health food store or an herb shop. In summary, here's what to look for:

- Cayenne pepper type classification, i.e., *Capsicum minimum* or *Capsicum fastigiatum*. The *Capsicum minimum* is very common. The African birdseye cayenne is much more difficult to find although it certainly is available online
- SHU units: A minimum of 30 to 50k SHU cayenne powder. This SHU rating should be adhered to for cayenne beginners
- Bright orangish-reddish colored cayenne. This orangish color is indicative of a high degree of beta carotene (see the graphic above). In my opinion, this is ideal. That said, the burgundy-reddish colored cayenne is still very nutritious, potent and healthy
- Freshness
- Price: I've seen it as low as \$1.67 a pound and as much as \$26 a pound online. The kind I saw that was \$26 was high-quality, 90k SHU African birdseye cayenne and had a bright, beautiful orangish-red color and was produced in a eGMP-compliant facility, which is highly desirable

# Cayenne Pepper FAQ

This FAQ about Cayenne Pepper will address the most common questions I receive on cayenne pepper as well as those questions that may arise in the future. This page will grow in time as well for I'm constantly getting questions from interested parties.

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**Question:** What is the best way to store cayenne pepper or capsicum?

**Answer:** Length of time the powder will store depends on storage conditions. Refrigeration is actually not recommended by famed herbalist Dr. John Christopher. That is how I do it, though, and I see no problem as I don't have anything to hermetically seal it.

You can keep cayenne pepper powder for up to a year if it's stored in a fairly cool place at room temperature. It's been suggested that the best way to store cayenne pepper powder is in a hermetically sealed can. If you do that, it should last two to three years. It shouldn't be put in paper bag, though.

Again, as mentioned, I just put mine in a plastic bag that I buy it in and put it in the refrigerator.

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**Question:** If I store it in a can, will I have weevils or bugs getting into it?

**Answer:** Good question. Dr. Christopher wrote to put a couple of elder leaves in it as that would ward off bugs. You can also use wormwood on top of the cayenne, although this could taint the cayenne's taste as wormwood herb is very bitter. When I personally stored mine in a cupboard, I never had this problem. Bugs don't seem to like cayenne (it's even been used in a home-made bug spray for that very reason). I just store mine in the refrigerator -- that works for me, but each to his own! :)

**Question:** How many times a day did you drink cayenne pepper water to initially cure your hemorrhoids?

**Answer:** In all honesty, just once and it reduced the swelling in two days. The itching, bleeding and blood vessel swelling all went away. You should change your diet too. More fiber via fruits, grains and vegetables is ideal.

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**Question:** And as far as when to drink, I understand that post workout is a bad idea, but what about in relation to meals? Thanks for your insight.

**Answer:** Ideally, it's best to drink cayenne pepper half an hour after eating or half an hour or so before eating. The general rule of thumb is to not drink any liquid of any kind with food for a bare minimum of 15 minutes, or until the food has had a chance to pass out of the stomach.

It's not ideal to drink cayenne and then to take a meal or having it with a meal. By taking it alone with water, you give yourself optimum benefit and you'll actually get less stomach agitation although it will, to be honest, agitate the stomach nonetheless. The two most demanding physiological events in our bodies are digestion and coital orgasms. No comment on the second one but as for digestion and cayenne, it's really best to take cayenne alone.

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**Question:** Is there any reason why you couldn't put cayenne pepper in another drink? I thought about trying something along the lines of sugar free drink mixes like Crystal Light. I just want to make sure that what I'm mixing it with doesn't negate the effect of the cayenne pepper.

**Answer:** The water *ideally* should be really warm. Not lukewarm, not hot like tea or coffee, but somewhere between lukewarm and hot. That said, don't drink it if the water is too hot and thus is uncomfortable to you. Famed herbalist/naturopathic doctor Dr. John Christopher said hot was ideal for the heart. If you drink it cold, it still will have great benefits. Combining it with something else is not ideal. It should be taken alone with water. Adding lemon is great and maple syrup as well. In fact some think it's a wonder drink for weight loss as the singer/actress Beyonce used the cayenne pepper/lemon/maple syrup combination to great effect. That's debatable. I can understand why you'd want to consume it with Crystal Light but drinking cayenne pepper isn't as bad as some think. Just make sure you start small. I recommend no more than a quarter of a teaspoon. If that's too much, try even less. Your body will quickly adapt.

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**Question:** How warm is the water you mix it with? Warmer than room temperature?

**Answer:** Again, somewhere between lukewarm and boiling hot. Cold works too, though. I'm used to mine warm now and that's the way I drink it.

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**Question:** Hello, I found your website last week and began drinking the cayenne pepper water for a hemorrhoid problem. I felt pretty good when I first started, reduced swelling and almost more energetic, but the last couple of days the problem has gotten worse and I seem to be in more pain. I don't have a bleeding hemorrhoid problem, but it's more painful as of late. Is this possible from constriction on the hemorrhoidal veins, or are new symptoms appearing? I have been using about a 1/4 tsp for the last week. What do you know of horse chestnut extract? Thanks for the help, I hoped this would rid me of this problem, but hasn't yet. Also, should I increase the amount used, would persistent use be more beneficial in fixing the problem, or should it have fixed the problem at this point?

**Answer:** Thanks for the email. Let me first say that I'm not a doctor and any advice I give shouldn't be construed as legal, medical advice. I'm just trying to help share info I know that works without cost.

Okay, that said, I do know cayenne will heal hemorrhoids if you take it consistently. For me it cleared it up in two days -- literally. I suggest increasing your dosage to perhaps a half a teaspoon. Sometimes the body adapts really quickly. I have a relative in Santa Rosa, California who has terrible migraines. She's been taking cayenne for it and it's helped but not as effectively as previously. She decided to increase the dosage and it worked literally in minutes, she said.

While migraines are different from hemorrhoids, of course, perhaps increasing the dosage will help. I would also start eating nothing but fiber-rich foods like vegetables, fruits and grains for a few weeks to help the healing. Cayenne pepper **does** work, it really does, but its effects are compounding for the better when a high-fiber diet is combined with it. Sometimes, like in my case, cayenne works immediately and that's enough for people.

I can't see how cayenne would make the hemorrhoids more painful. I think what's happening is more symptoms are appearing. Keep taking it. Your blood might have a lot of build-up of mucous in it and that could be causing the new symptoms with the

blood vessels there. What you describe sounds like a typical cleansing experience.

I am familiar with horse chestnut. I wrote an article on it about four years ago you can see it here if you're interested: [www.nutritional-supplement-bible.com/horse-chestnut-extract.html](http://www.nutritional-supplement-bible.com/horse-chestnut-extract.html). I recommend horse chestnut too and if used in a sensible way with cayenne it will amplify your results.

Dr. John Christopher, the famed herbalist/naturopathic who passed away in Feb. 1983, told a story of a bodybuilder friend who had hemorrhoids so bad, he had to wear a belt. Upon seeing Dr. Christopher take his daily glass of cayenne pepper water, he asked him if that concoction would help. "Only if you take it," Dr. Christopher said. His friend started taking it and his hemorrhoids went away and he no longer had to wear the belt. Dr. C. doesn't mention if his friend changed his diet at all but I'm betting he did.

I hope this helps. **Again, I'm not a doctor** but I'm only trying to help and I am not expecting anything in return for I only want to help people.

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**Question:** Can I use cayenne for my eyes?

**Answer:** You should use cayenne in combination with other herbs for the eyes but only under a trained naturopathic/herbalist's care. While you could put a little cayenne in the eye, it would burn very badly. I've actually done this as a test for an herbalist friend told me cayenne won't hurt your eyes. (I was also wondering if it would really help my eyesight in that eye as I'm half-blind it it.) It burned badly but my eye, while it watered profusely, was just fine. Not the smartest thing to do but it didn't harm my eye. Don't do what I did. Cayenne is an accentuator to other herbs and should be used only with discretion, judgment and wisdom by a trained herbalist for eye problems. I've used an herbal formula called "eyebright", a Dr. Christopher formula and it works well. The amount of cayenne in the concoction, though, is very, very, very small. So, best answer: don't use it for your eyes directly. Be wise.

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**Question:** Can cayenne pepper be used for a toothache?

**Answer:** Yes. Clean the cavity and place cotton saturated with cayenne pepper oil into your cavity. Cayenne will prevent tooth rot. You should see your dentist, though, as soon as possible to be safe.

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**Question:** When I started taking cayenne via a drink, I noticed a topical, isolated area (my neck) that became pink. It didn't happen to any other areas of my body, though. What is going on?

**Answer:** Not to fear. Cayenne is a "rubfacient" herb that will bring blood to the surface of the skin. It will bring toxins to the surface as well. This will go away and is not harmful. Remember, cayenne pepper or capsicum is very nourishing to the heart and to the venous system. Sometimes the face will go red with the flushing of blood to the surface. I recommend scaling back your intake of cayenne until your body adapts. While cayenne is a great medicinal herb, it still should be used with judgment and skill. I recommend starting with only one capsule or 1/4 of a teaspoon of cayenne in a glass of water -- that's it. Let your body have time to adapt.

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**Question:** Why should the water in the cayenne pepper water drink or with the lemon cayenne pepper detox drink be hot or warm? Why does the warm water matter?

**Answer:** Let me quote Dr. Christopher, the famed herbalist and naturopathic doctor,

as he says it best. "*The warm [cayenne pepper] tea is faster working than capsules or cold tea because the warm tea opens up the cell structure -- makes it expand and accept the cayenne that much faster, and it goes directly to the heart, through the artery system, and feeds it with powerful food.*" I think that answers it.

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**Question:** I believe in the health benefits of cayenne pepper but drinking it causes my stomach to get upset, although it does go away in 10 to 15 minutes or so.

**Answer:** Good question. I totally understand, and your experience is common. Drinking cayenne pepper water is not like drinking a strawberry milkshake, to be sure. Cayenne is a very, very powerful herb. One of its drawbacks, though, is that it's hard to drink. I understand that. I've had the same experience you've had too, by the way. Here's what I recommend: after you drink your daily cayenne pepper drink, just sit still and don't move around too much for a minimum of 10 minutes. It takes cayenne about 15 to 20 minutes to pass out of the stomach. I've found that by just sitting very still without too much moving around that the upset stomach feeling passes, and is barely noticeable IF I just sit at my computer or in my office chair or on my couch watching TV. I've also found that whenever I increase my dosage of cayenne, the old stomach upset comes back. However, I also notice my body adapts really quickly to it. Simple advice, I know, but it works. Remain as still as you can. You should never drink it before working out or after working out or you'll have the worst stomach ache you've ever had, and it will probably discourage you from every doing it again. Considering cayenne's remarkable array of health benefits, I'm willing to be a little inconvenienced.

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**Question:** Is the hotter the better with cayenne? When I take 100k Scoville Heat Unit cayenne it really burns in my stomach.

**Answer:** Yes and no. Yes, the additional heat due to the extra capsaicin in the 100k SHU heat is very good for you, but no from a practical matter. Cayenne at 30 to 50k SHU is already plenty hot. It's barely tolerable for some at that heat level. If one persists with one capsule or 1/4th of a teaspoon of cayenne in warm water, that is sufficient. Dr. Christopher, the herbalist who popularized cayenne, drank it three times a day. (He used a full teaspoon at a time from what I've been able to find out. If anyone knows better, please let me know.) There is simply a trade off here. More heat is not necessarily good from a practical point of view. Sometimes, less is more and it's true, in my opinion, with cayenne. While it's not ideal, try taking cayenne after you have some food in your stomach. For optimal healing benefit, especially if you have stomach ulcers, it's best to take it alone.

# Liquid Cayenne Pepper Diet Recipes Info

## *Cayenne Pepper Diet Information You Need to Know*

There are a lot of health aficionados who have learned about the incomparable health benefits of cayenne pepper. There are still some misconceptions, though, that I'd like to clear up about the so-called "**cayenne pepper diet.**"

Some think about and look online for cayenne pepper diet thinking they'll find a great list of such recipes incorporating cayenne.

The best way to incorporate cayenne into your diet is by drinking a glass of cayenne pepper water at least once a day. Of course, that may be a little shocking to some. Eating cayenne peppers is healthy. It's even recommended but you don't have to go out of your way to prepare specific cayenne pepper diet recipes.

By drinking an eight-ounce drink of one-fourth a teaspoon of cayenne pepper water will give you all the cayenne pepper health benefits you desire. Spicy foods are healthy for you and prevent cancer. A [BBC article](#) on the metabolite capsaicin (that's what makes cayenne hot) that discussed cancer research at the University of Nottingham confirmed that point.

Are you interested in the cayenne pepper diet recipes due to their alleged weight loss capabilities? I've read a lot of studies on cayenne pepper but I've not read any clinical studies that confirm its weight loss properties.

What cayenne pepper does do is it affects positively every system in the body tangentially with its rich nutritional profile but most particularly the cardiovascular system.

Cutting your caloric intake combined with rigorous aerobic training will allow you to lose weight. Many look for shortcuts when plain ol' patience and discipline will carry the day.

So, don't worry about cayenne pepper diet recipes. Combine the cayenne pepper with maple syrup and lemon will give you a very low caloric drink that is a powerhouse what it will do for your heart and venous system.

For clarity's sake, ***let's talk about the chief cayenne pepper health benefits now*** (there are literally scores and scores of benefits, though, so keep that in mind).

Cardiovascular health. As mentioned, cayenne is great for your heart as it nourishes the heart but it also helps remove LDL (the bad cholesterol) and triglycerides from your blood and arterial wall. It lowers your blood pressure as well.

Cayenne peppers also improve your blood circulation and have a hand in removing mild migraines and prohibiting blood clotting.

Liquid ***cayenne pepper diet*** recipes contain antioxidants, are great in preventing other diseases by strengthening your cell walls. In fact, three separate

studies in Japan, England and in America prove capsaicin, the main secondary compound in cayenne and all hot pappers, kills leukemic, pancreatic, prostate and lung cancer cells.

Specifically, those who are conscientiously in adhering to a liquid cayenne pepper diet with the simple liquid cayenne pepper diet recipes I'll give shortly are doing the best thing to prevent heart disease and cancer.

Okay, here are a couple simple but highly effective liquid cayenne pepper diet recipes for you to try.

#1. Eight ounces of very warm water with ¼ teaspoon of cayenne pepper with the juice of one lemon.

#2. Eight ounces of very warm water, cayenne pepper, lemon and maple syrup. Put in again ¼ teaspoon of cayenne pepper with the juice of one freshly-squeezed lemon. Then, add one or two tablespoons of pure, no-sugar added maple syrup. This drink gives you an abundance of zinc and manganese, two vital nutrients you need.

#3. Eight of ounces of very warm water and ¼ teaspoon of cayenne.

Simple, I know. Is it hot? Yes, but your body will adapt. I strongly recommend you don't start with more than ¼ teaspoon of cayenne. Otherwise, it will stimulate your peristaltic action of your intestines and it will be more of a shock of your system.

So there you have it for this liquid cayenne pepper diet recipes. Forget about fancy cayenne pepper diet stuff. Yes, eating peppers is healthy not only for the nutrients but for the fiber.

These liquid cayenne pepper diet recipes are astonishingly effective against strengthening your body against heart disease, cancers, stomach problems and so on.

You now know one of the greatest health secrets in the world.