

CAYENNE

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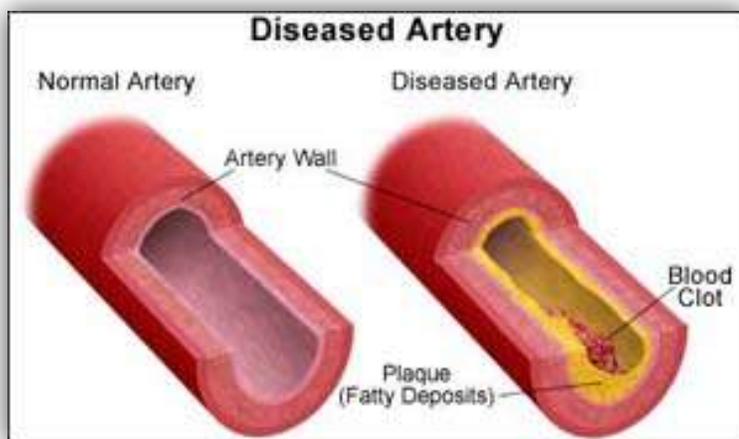


DEFINITION

**MOST CERTAIN STIMULANT-
 -AND NEARLY A CURE-ALL**



One of the most important uses of Cayenne is as a circulatory stimulant, *an herb that feeds the necessary elements into the cell structure of the arteries, veins, and capillaries* so that they, regain youthful elasticity and so that the blood pressure reduces itself to normal.



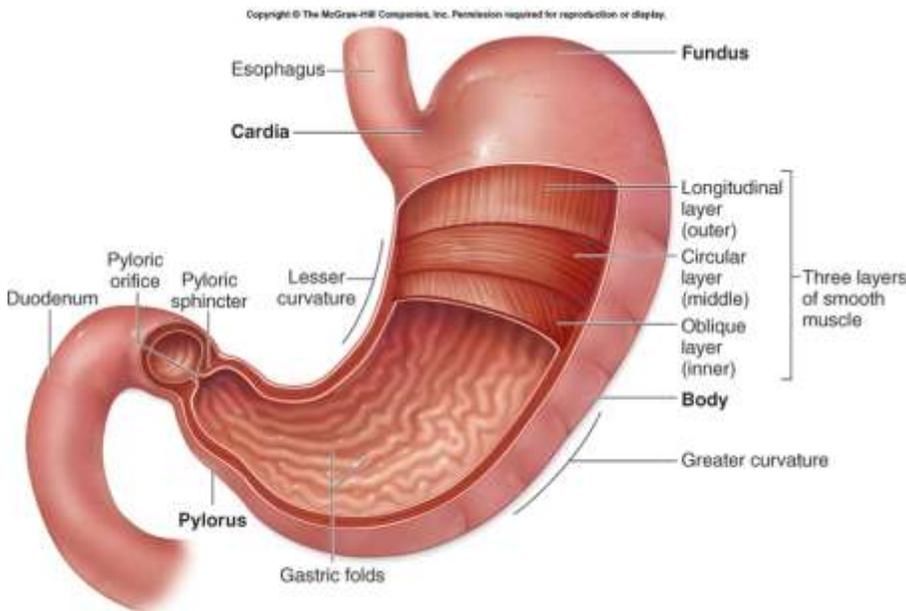
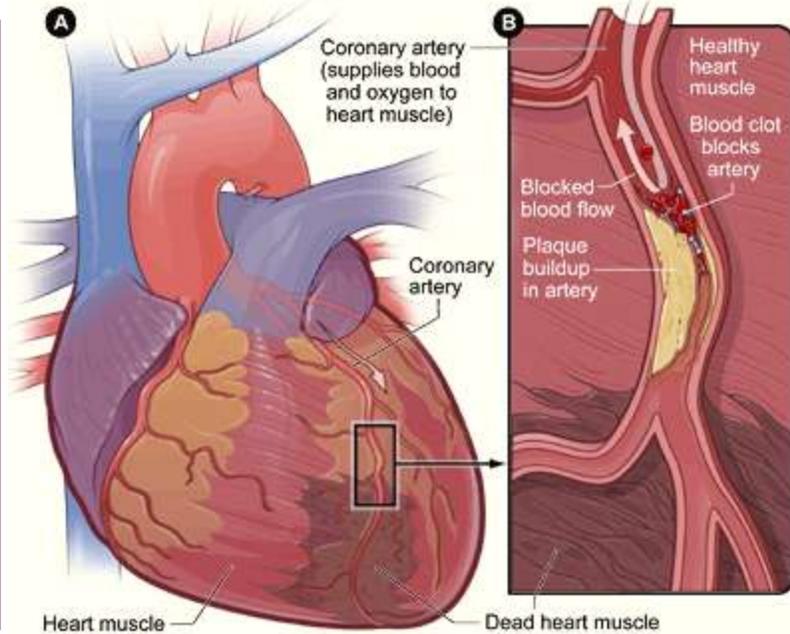
When the venous structure becomes loaded with sticky mucus, the blood cannot circulate freely, so higher pressure is needed to force the blood through. Cayenne equalizes the blood pressure, influencing the heart immediately, and then extending its effects to the venous structure. It also works to cut the mucus in the venous system, and indeed in all the systems throughout the body.

Cayenne is a Certain Remedy for Heart Attack

As a stimulant, it can start the heart into action again, and as *it facilitates blood flow throughout the body*, it will keep the heart going.

Used as a heart attack preventative, along with the mucusless diet and a healthful life-style, *Cayenne can do wonders in toning and rebuilding the heart and keeping it in top condition.*

As we will discuss later, Cayenne is one of the richest and most stable sources of *Vitamin E, which is known to be a heart builder.*



The most common medical use of Cayenne is as a gastric stimulant and digestive aid. It rebuilds the stomach tissue and stimulates peristalsis, thus assisting in assimilation and elimination.

In the West Indies, a preparation called Mandram is used for weak digestion and loss of appetite; this is made of thinly sliced, unskinned cucumbers, shallots, chives or onions, lemon or lime juice, Madeira, and a few pods of Cayenne well mashed up in the liquids. It can be used as a chutney or garnish.

(a)

Cayenne is used as a diaphoretic-sweat inducing-herb, especially useful when combined with other powerful diaphoretics such as yarrow, blue vervain, bayberry, etc. It should be given when a chill is coming on, to offset a cold, or to help break a fever, as it sustains the portal circulation and assists in the removal of mucus, as well as inducing perspiration.



Yarrow

FIRST AID FOR POISON



If one believes in the use of emesis to cleanse the stomach, such as the Thomsonians did, large doses of Cayenne will certainly do the job without causing any harm to the patient. If combined with an emetic, such as Lobelia, Cayenne will help the emesis continue over a longer period and prevent bruising or other discomfort. If a person swallows a noxious substance or polluted food or drink, this Lobelia-Cayenne combination will work surely to bring it up. Be sure not to induce vomiting, however, if a corrosive substance has been ingested.

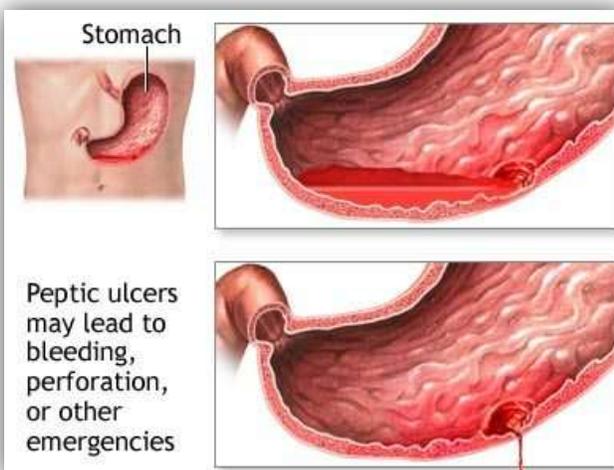
Cayenne Works Powerfully To Arrest Bleeding.

You can place Cayenne powder or tincture directly upon an open wound, even one that is gushing blood, and **by the count of ten, the bleeding will cease.**

In an external wound, even if the cut is so deep it goes to the bone you may fill it with Cayenne pepper and the bleeding will stop and the wound will heal beautifully.

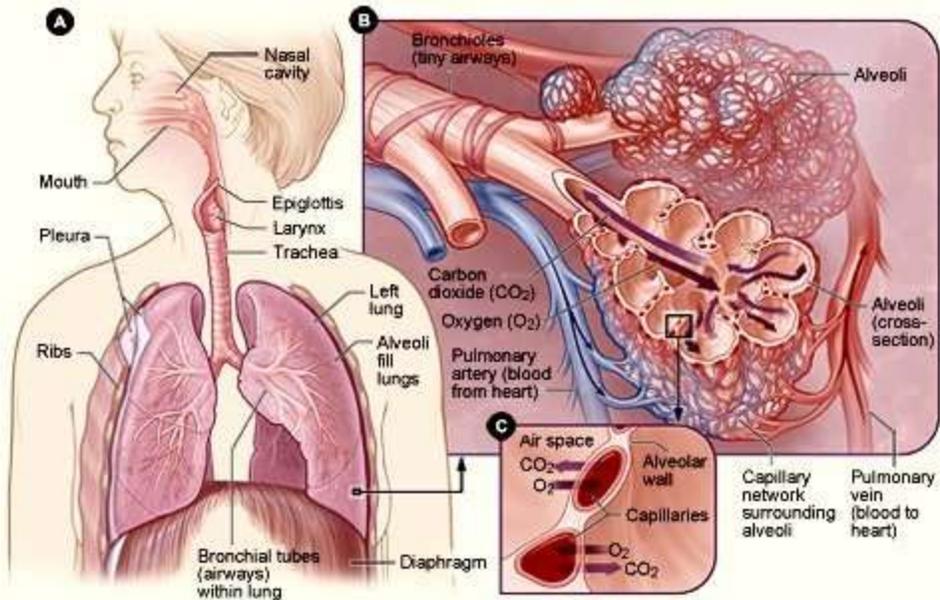


Personally I prefer the Liquid Cayenne because the alcohol disinfects the wound and it is not so messy.—Dara Dietz



If there is internal hemorrhaging, in the **Lungs, Stomach, Uterus or Nose**, have the person **take a teaspoonful of Cayenne in a glass of quite warm water**; the blood pressure will be equalized, taking the pressure off from the affected part, clotting will begin, and the hemorrhage will stop.

For **hemorrhage of the lungs**, a vapor bath with warm Cayenne can do the same thing.



Cayenne Shortens Healing Time from Serious Fall

A woman fell while descending stairs to the basement and struck her head on the overhang above the staircase. She fell on her elbow and hip as well, but she had hit her eye so badly that it was oozing blood down her face. She found her way upstairs, and “dumped a pile of Cayenne into her hand and pressed it against her wounded eye” (Herbalist: March, 1978:30). She also took Cayenne internally and applied an ice pack. By this time the bleeding had stopped, and she applied Dr. Christopher’s Comfrey Poultice, made with wheat-germ oil and honey, to her eye wound and other facial wounds. When she went to the doctor, he cleaned out the wound and told her that she would bruise very badly and that, if she wished, he would re-cut the wound and stitch it, as she had passed the eight-hour limit for stitches.



Hot Cup of Cayenne

She kept taking the Cayenne and rubbing wheat-germ oil and other oils and herbs on the wound. She also applied wet hot packs for the itching associated with healing. After a few days, the marks of the accident were nearly cleared up, although the doctor had predicted many days of discolor and discomfort. This lady—who has teenage grandchildren--credits her quick healing to Cayenne

- ✓ Cayenne is used externally as a liniment as well, effective for wounds, bruises, scalds, burns, and sunburns, applied freely.
- ✓ You can rinse the mouth with the liniment for pyorrhea.
- ✓ It brings out toxic poisons and can be used to relieve lung congestion as well as external problems.
- ✓ It will bring relief for the sufferer of rheumatism.

A SIMPLE LINIMENT

A simple liniment is made by simmering together:

- 1 tablespoonful of Cayenne in
- 1 pint of Apple cider vinegar;
- Bottle, unstrained, while still hot.

You can also combine the Cayenne with other herbs, such as Golden Seal, Lobelia, etc., to obtain their beneficial effects in the liniment. A plaster of Cayenne made with bran or hops and combined with Lobelia, is valuable in pneumonia, pleurisy, and other congestions. Many famous commercial ointments sold by Rawleighs, Watkins, and others, are high in Cayenne.

Cayenne Is Extremely Valuable As An Emmenagogue.

It will act as a carrier for uterine herbs such as Blessed thistle, taking them directly to the uterus.

When expectant mothers go into labor, midwives commonly give them a drink made of **Cayenne, Apple Cider Vinegar, Honey, and Warm Water**. This stimulates good contractions, gives energy--and as an added benefit, circumvents any possible hemorrhage and acts as an anti-shock remedy, as labor often brings about shock.

In fact, this combination is a most efficient anti-shock remedy and should be supplied in any case of shock. **Cayenne in hot water alone will also work.**

Cayenne will increase a person's feeling of vitality and activity



--as it is a stimulant--without any bad after-effects, such as do other stimulants. Combined with Lobelia, it is wonderful in cases of depression or low spirits.

Capsicum is an excellent antiseptic. For infectious sore throat, combine it with slippery elm and lobelia. It will kill germs when applied to wounds, and can be taken to ward off diseases one has been exposed to.

Since it works so effectively to eliminate mucus from the body, it is an excellent expectorant. **Mixed with ginger, it does a wonderful job of cleaning out the bronchial**

tubes and sinus cavities and relieving immediately all problems of colds and congestion.



Emmenagogues are herbs which stimulate blood flow in the pelvic area and uterus.

Many Uses of Cayenne

Cayenne is used as an accentuator with other herbs; it **increases the value and healing properties of the herbs and carries them to the afflicted part of the body.**

Indeed, Cayenne affects every portion of the body through its marvelous action in the venous structure.

It relieves cramping or pain throughout the system.

It reduces inflammation and reduces hemorrhoids, even when they are serious and painful.

It can help cleanse the system of alcoholism and even reduce the discomfort of a hangover, or worse, the miseries of delirium tremens.

It has been said to be a sure assist in cases of diphtheria, used internally and externally as a fomentation of the tincture.

It has been combined with other herbs to make an excellent eyewash-though the user needs a bit of courage the first time!

It will relieve a relaxed throat, toning it up immediately.

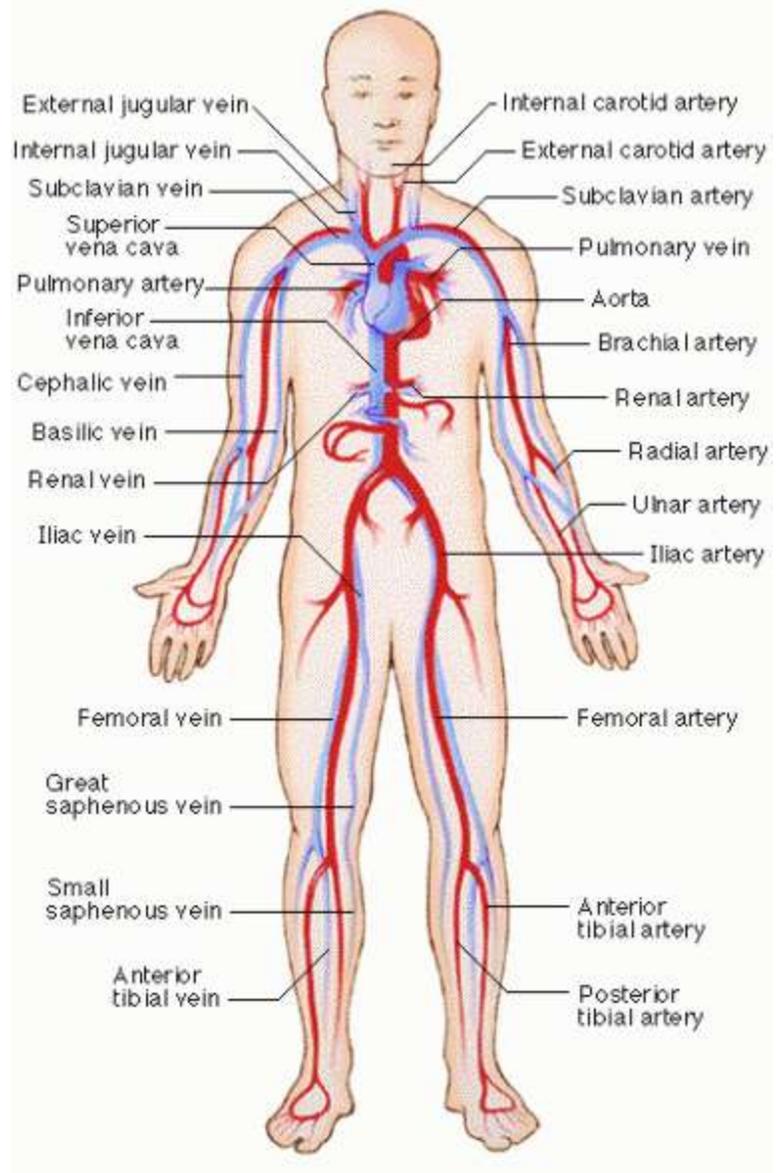
If you soak the oil in cotton, you can apply it to an aching tooth, and the relief will last a long time.

Sprinkle a little of the powder into your socks at night if you suffer from cold feet; your toes will be warm all night.

Rub it on if you have a sprain or a backache.

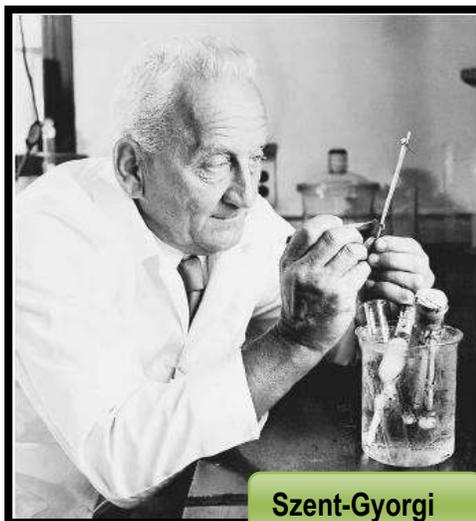
Drink the tea if you have problems with flatulence.

The American Indians used to say you could get rid of a wart if you bound on a fresh pepper pod every day.



Cayenne is rich in Vitamins C, A, B and G. It is an excellent source of Vitamin E. In Szent-Gyorgi's Nobel Prize winning research on Vitamin C in 1937, he had been using a substance, obtained from adrenal glands that he suspected to be Vitamin C. When he could no longer obtain this substance, on a hunch he tried to use Paprika peppers for his work, and found them a rich source of this substance, later to be called Vitamin C. Capsicum also contains Calcium, Phosphorus, and Iron.

When only a young man in his thirties, Dr. Christopher was told by the medical doctors that he could not live past his fortieth year because of arthritis, hardening of arteries, stomach ulcers, and some automobile accidents that had damaged him rather badly. He was so concerned that he started using Cayenne, working up to a teaspoon taken three times a day. By the time he was forty-five years old, he was working in a business wherein the group wanted him to have a \$100,000 insurance policy



Szent-Gyorgi

because of the importance of the business deal.

Because it was such a large policy, the company required the examination to be given by two medical doctors, each to examine twice. At the end of one of these physicals, one of the doctors said, "This is astounding! You have the venous structure of a teenage boy, at forty-five years of age!"

The other doctor kept pumping up his blood pressure equipment over and over again, repeating the blood pressure check. Dr. Christopher began to be perturbed, and asked him if the equipment was broken. "It always has worked up till now, but I keep looking at your chart, which says you are forty-five years old, and yet your systolic over your diastolic is absolutely perfect. I cannot comprehend it." Dr. Christopher assured him that it was indeed perfect, and he attributed this clean bill of health to Cayenne.



Dr. Christopher