

CAYENNE PEPPER - EMERGENCY USES

THERAPEUTIC ACTION

Cayenne is a powerful stimulant which naturally increases the power of the pulse. This additional power aids in improved circulation of the blood to all parts of the system, while equalizing and restoring the balance of circulation throughout the body!

- ❖ Cayenne is a hemostat, arresting the flow of blood from a cut or wound in seconds.
- ❖ As a cardiac tonic cayenne is a natural herbal aid in rebuilding the heart.
- ❖ As an antiseptic cayenne is a powerful aid for killing pathogens.
- ❖ As an aid for relieving pain it works as a counter irritant.
- ❖ Working as a stomachic cayenne aids in the digestion of food.
- ❖ While as a carminative it works to expel gas.
- ❖ Cayenne pepper is our no. 1 emergency herb!

FORMULA

The BEST Cayenne Pepper Tincture is made by the following Method:

1. Start to make this and any tincture, if possible, on a new moon.
2. Take a quart canning jar and fill it 1/4 full with dried cayenne peppers, getting the hottest ones (i.e. - habanero, African bird, serrano, jalapeno - 90,000+ heat units), that you can obtain.
3. Add enough grain alcohol (80 proof vodka) to the cayenne peppers (powdered, using a blender or grinder) to just cover them.
4. use enough fresh cayenne peppers, that you can blend with grain alcohol to turn the mixture into an apple sauce-like consistency.
5. Add this mixture to the 1st mixture, filling up the canning jar 3/4 full.
6. Fill up the rest of the canning jar with more grain alcohol.
7. Shake it as many times as possible, during the day.
8. Let this mixture sit, until the following full moon (15-16 days), but optimally until the following new moon (28-29 days)!
9. Strain this mixture through an unbleached coffee filter.
10. Bottle the resulting tincture.

NOTE: If you want to make a super-potent Tincture then allow the Mixture to sit for a full 3 Months!

APPLICATIONS & DOSAGES

Our suggestions below are for Cayenne Tincture unless otherwise noted. Cayenne powder can be substituted is the tincture is not available. Use 1 heaping tablespoon cayenne powder added to an 8 oz. glass of pure water to equal 1 teaspoon of tincture.

BLEEDING

If a person has serious external bleeding (cuts, wounds, & childbirth hemorrhage/tear), you must:

1. Liberally flush the affected area with 10 - 20 dropperfuls of cayenne pepper tincture immediately or pack the area with cayenne pepper powder, if the cayenne pepper tincture is not available!
2. Give 1 - 3 dropperfuls of cayenne pepper tincture orally also.
3. If echinacea plus tincture is available, flush the affected area with 10 - 20 dropperfuls.

4. Apply pressure to a cut/wound/tear or use arterial pressure.
5. Tape the cut/wound/tear together.
6. Apply aloe vera gel to the affected area on the following day.
7. If pain is involved, give 10 -60 drops 3-4 times daily equal amounts of valerian root tincture to the lobelia tincture.
8. If open sores or wounds are not healing, apply slippery elm gruel over the affected area each day, until desired results are achieved.

If a person has serious internal bleeding (ulcers, hemorrhages), you must:

1. Give 1/8 tsp. Of cayenne pepper tincture - 8 times per day.
2. And then work your way up to taking 1 tsp. Of cayenne pepper tincture - 3 times per day.

If a woman has a heavy menstrual flow, you must:

1. Give/take 1 - 3 dropperfuls of cayenne pepper tincture orally.
2. If pain is involved, give 10 - 60 drops 3-4 times daily equal amounts of valerian root tincture to the lobelia tincture.

BREATHING PROBLEMS

If a person has stopped breathing and is conscious, you must:

1. Immediately check airway and pulse!
2. Start mouth-to-mouth resuscitation.
3. Give 5 - 10 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
4. Give 2 - 10 dropperfuls of lobelia seed pod tincture or more, helping the person to breathe easier and relax!.
5. Repeat dosages of both tinctures, alternating each every 5 minutes.

If a person has stopped breathing and is not conscious, you must:

1. Immediately check airway and pulse!
2. Start mouth-to-mouth resuscitation!
3. Give 1 - 2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
4. Give 1 - 2 dropperfuls of lobelia tincture or more, helping the person to breathe easier and relax!.
5. Repeat dosages of both tinctures, alternating each every 5 minutes.

If a person has smoke inhalation and is not or barely conscious, you must:

1. Immediately start first-aid treatment for smoke inhalation!
2. Give 1 - 2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
3. Give 1 - 2 dropperfuls of lobelia seed pod tincture or more, helping the person to breathe easier and relax!.
4. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

CIRCULATION PROBLEMS

If a person has a heart attack (angina pectoris) and is conscious, you must:

1. Immediately give 5 - 10 dropperfuls of cayenne pepper tincture directly into the mouth!
2. Sit/lay the person down and loosen clothing.
3. Repeat the cayenne pepper tincture dosage in 5 minutes and, if you have it,
4. Give an equal amount of the heart formula tincture.
5. Repeat dosages of both tinctures, alternating each every 5 minutes as needed

If a person has a heart attack (angina pectoris) and is not conscious, you must:

1. Immediately give 1 - 3 dropperfuls of cayenne pepper tincture directly into the mouth!

2. Check pulse and breathing.
3. Immediately start C.P.R.!
4. Repeat dosage in 5 minutes and, if you have it,
5. Give an equal amount of the heart formula tincture
6. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has a stroke and is conscious, you must:

1. Immediately give 5 - 10 dropperfuls directly into the mouth!
2. Sit/lay the person down and loosen clothing.
3. Repeat the cayenne pepper tincture dosage in 5 minutes and, if you have it,
4. Give an equal amount of the heart formula tincture
5. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has a stroke and is not conscious, you must:

1. Immediately give 1 - 3 dropperfuls directly into the mouth!
2. Check pulse and breathing.
3. Start C.P.R.!
4. Repeat dosage in 5 minutes and,
5. Give an equal amount of HEAL's **Brain Formula Tincture**.
6. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has general circulation &/or blood pressure problems, they should:

1. Change the tincture formula above to 2 parts - garlic, 1 part - ginger root, and 1 part - cayenne pepper.
2. Take 1/8 tsp. - 4 times per day.
3. Work their way up to taking 1 tsp. - twice per day.

If a person has heart problems, they should:

1. Change the tincture formula above to 3 parts - hawthorn berry and 1 part - cayenne pepper.
2. Take 1/8 tsp. - 4 times per day.
3. Work their way up to taking 1 tsp. - twice per day.

Drowning

If a person has drowned, you must:

1. Immediately start first-aid treatment for drowning!
2. Give 1 - 2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
3. Give 1 - 2 dropperfuls of lobelia tincture or more, helping the person to breathe easier, open their airway and relax!
4. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

Internal Pain

If a person has a migraine headache, you must:

1. Give 5 - 10 dropperfuls of cayenne pepper tincture at once!
2. Massage in HEAL's **M&L Salve** to relax tight neck and scalp muscles.
3. If steps above do not work after ½ hour, mix an equal amount of valerian root tincture and lobelia tincture together.
4. Give 5 - 10 dropperfuls of this tincture blend at once!
5. Give 3 - 4 glasses of pure water with a pinch of sea salt in a short period of time.
6. Continue this treatment, until the desired results are achieved.

Cayenne pepper oil - therapeutic action

Cayenne, acting as a counter-irritant, plus the oil as an emollient, work deep into tissue to relieve pain, swelling and inflammation. It can also be used for stiffness in joints, tendons, ligaments and muscles for health problems, including arthritis, bursitis, lumbago, or any muscle or bone pain.

Formula

Cayenne pepper oil is made by the following method:

1. Start to make this oil, if possible, on a new moon.
2. Place 5 tbs. HEAL's **Fire Powder** into 20 oz. Of raw organic jojoba oil, almond oil or olive oil into a glass jar with a tight lid and shake every day.
3. Press and strain off the oil mixture through cheesecloth or cotton muslin cloth on the following full moon.
4. Bottle it.

Applications & Dosages

If a person has hemorrhoids or injured tissues, where the skin is not broken, you must:

1. Take a hot bath or shower.
2. Thoroughly rub 1 or more dropperfuls into the affected area of the skin for 15 minutes.
3. Alternate very hot, then very cold water over the affected area for 1 minute each for 7 - 10 times.
4. If pain persists, give 5 - 60 drops 3 - 4 times daily of an equal amount of valerian root tincture to the lobelia seed pod tincture.
5. Continue this treatment, until the desired results are achieved.

Note: this oil can be extremely hot on hemorrhoids, so start with a small amount and work your way up to more! Do not apply this oil on broken skin! Substitute a hot water bottle and an ice pack or cubes, if very hot and very cold water is not available!