



100% Pure Organic, Cold-Pressed, Extra Virgin

# Black Cumin Seed Oil

The Blessed Seed - (*Nigella Sativa*)

*“There is healing in black seed for all diseases except death.”*

Black seed oil has been used in Ancient Egyptian and Middle East civilizations for its amazing medicinal qualities. Black Cumin Seed Oil can be used to cure many health conditions and provide excellent health benefits.

**Brings luster to hair and nails ~ Treat colds and flus ~ Manage insomnia ~ Soothe toothaches  
Alleviate nasal congestion ~ Treat headaches ~ Manage skin conditions from acne to eczema  
Stimulate the metabolism ~ Relieve symptoms of common allergies  
Boosts alertness and alleviates fatigue.**

## Top 5 Skin Care Benefits of Black Cumin Seed Oil:

- ~ It is extremely moisturizing, an excellent source of Vitamin B, which helps to retain moisture in the skin.
- ~ It helps to fight acne. Skin that over produces oil is more susceptible to acne breakouts since excess oil collects in pores. The essential fatty acids in Black Cumin Seed Oil help to flush out this oil. They do this by creating healthy skin cells that work to dissolve fat deposits in pores. It minimizes the signs of aging. With its moisture-retaining qualities and antioxidant properties, It keeps skin elastic and fights damaging free radicals that cause wrinkles and fine lines.
- ~ It tames redness and soothes irritation. Black Cumin Seed Oil has excellent anti-inflammatory properties. This is especially helpful for those experiencing irritation from psoriasis or eczema as it reduces inflammation and boosts healthy immune function. It also is a strong astringent that can fight topical infections.
- ~ It fades dark spots. Together, the Vitamin A, amino acids, and fatty acids found in Black Cumin Seed Oil work together to regenerate skin cells. Overtime, Black Cumin Seed Oil will fade age spots and even some scars.

## Black Cumin Seed Properties Include:

- Anti-rheumatic** – it provides relief from rheumatoid arthritis.
- Anti-inflammatory** – black seed oil is strongly anti-inflammatory.
- Anti-allergic** – it has been found that black seed oil can suppress food allergies.
- Anti-diabetes** – it has blood glucose lowering effect.
- Anti-cancer** – the chief anti-cancer compound is thymoquinone.
- Hypotensive** – its volatile oils aid in managing blood pressure.
- Anti-tumor**
- Radioprotective** – safeguards our cells from harmful effects of damaging radiation.
- Hepatoprotective** – within safe limits, it protects the liver.
- Renoprotective** – black seed oil also exerts a protective effect on the kidneys.
- Apoptosis Induction** – programs potentially harmful cells to die automatically.
- Immunomodularity** – keeps the immune system at a balance.
- Analgesic** – pain reliever.
- Antipyretic** – alleviates fever.
- Antibacterial** – kills many bacteria strains, even the most antibiotic resistant ones like MRSA.
- Antiviral** – kills virus
- Antifungal** – easily kills many fungi
- Galactagogue** – promotes lactation.
- Adjuvant** – modifies the effect of other therapeutic agents.
- Bronchodilator** – aids dilation of air passages.
- Laxative** – promotes timely bowel movement.
- Antioxidant** – protects from free radicals.
- Lipid lowering** – makes the lipid profile healthier.
- Insuling – sensitizer** – it affects the secretion of insulin. Very few things can impact the pancreas.
- Interferon booster** – it can stimulate the production of interferon which boosts immunity against pathogens.
- Antispasmodic** – it relieves involuntary spasms of the respiratory tract, thus providing relief in asthma and other kinds of cough.
- Anti-convulsive** – calms seizures

## **Black Cumin Seed Uses:**

**Acne:** Black seed oil has potent antibacterial properties. It kills the *P. acnes* bacteria that causes acne.

**Hair Loss & Hair Health:** Black seed oil may help in regrowing hair on bald regions of the scalp. Add black seed oil to olive oil in a ratio of 1 : 1 . Now rub this oil vigorously on bald patches. Wash this with water after about 30 minutes. For better scalp and hair health, one can apply black seed oil to the scalp in low concentration. Add black seed oil to coconut oil in a ratio of 1 : 2, massage into the hair and let sit for 30 minutes and wash. Moisturizing and helps keep hair from hair loss.

**Toothache:** Black seed oil is an analgesic. Apply it on a tooth causing pain using a cotton ball undiluted.

**Headache relief:** Apply a very small amount of black seed oil on a handkerchief. Keep this cloth with you and smell it every once in a while. The aroma of black seed oil relieves a headache.

**Wasp bites:** Takes the sting out of a bite. Dilute 10 drops with warm water. Apply for about 5 minutes. There should be reduction in pain and stinginess of the insect bite.

**Asthma:** For this, one needs a vaporizer. Add a few drops of black seed oil to vaporizer. Let its aroma diffuse inside the house. It improves respiration, dilates the bronchi and protects from bronchial spasm.

*Thymoquinone in black seed oil reduces airway inflammation caused by allergens and inhibition of excess mucus secretion by goblet cells.*

**For Allergies:** This is a prominent effect of black seed oil. It can dull or minimize an allergic reaction. So, if you are allergic to something that happens in spring, start taking black seed oil a few days in advance. Prevents the allergic symptoms like sneezing, sickness, red eyes, burning sensation and watering from the nose and eyes. Add a teaspoon of black seed oil to milk, smoothie, shakes or any other beverage.

**Alleviating a Fever:** Add 8 – 10 drops of black seed oil in half a quart of water in a spray bottle. Spray this water all over your body. This has an antipyretic [3] and cooling effect which alleviates the fever.

**Anti-bacterial:** Combats many strains of bacteria. For airborne bacteria, diffuse it in the air using a vaporizer. Essential Oils, such as lavender, can be added to this oil for a more pleasant smell. For internal bacterial infection, add few drops of black seed oil to a beverage. For skin infections, apply it diluted in a carrier oil, such as olive, coconut or grape seed oil.

**Black Seed Oil kills these bacterial strains: *Escherichia coli, Salmonella Enteritidis, Salmonella Typhimurium, Shigella flexneri, Pseudomonas aeruginosa, Staphylococcus aureus, Listeria monocytogenes, MRSA – Methicillin-resistant Staphylococcus aureus.***

**Prevent Seizures:** People who often suffer from seizures should keep this oil at close hand. It is a strong anti convulsant. It can be sprayed using a sprayer or diffused in the air using a vaporizer.

**Diet:** Black seed oil is an edible oil. One can include it in diet, like a salad dressing. To get its health benefits, one should aim for 2 – 3 teaspoon of oil consumption. You can add this to your salads, juice, shakes, etc. Black seed can be mixed with raw honey or, you can drink it in with lemon juice.

Taking black seed oil in diet has the following health benefits: (1) It can improve lipid profile and lower blood cholesterol levels. (2) Taking it in a fruit juice can make the person more active throughout the day. (3) Drinking it around the sleeping time induces better sleep. (4) It reduces inflammation in the body. (5) It has anti-cancer activity against prostate cancer, colon cancer and even pancreatic cancer.

### **Potential health benefits of Black Seed Oil based on anecdotal evidence:**

~ Applying it in the nose can cure sinusitis. You just need to add a few drops inside the nose.

~ Applying warm black seed oil to painful joints relieves their pain. This applies to all kinds of arthritis, gout and any other cause of inflammation in joints.

### **Possible Side Effects and Precautions**

Black seed may cause an allergic rash when taken by mouth or applied to the skin. Before using black cumin essential oil topically, it's a good idea to perform a patch test to make sure you don't have a negative reaction to the oil. Always avoid your eyes and mucous membranes when using black seed oil.

When taken internally, black seed oil side effects may include upset stomach, vomiting, or constipation. For certain individuals, it may increase seizure risk.

Talk to your doctor before using black seed oil if you are pregnant, breastfeeding, are currently taking any medication or having a medical condition (especially diabetes, low blood pressure or a bleeding disorder). If you're taking black seed oil and have surgery scheduled, it's recommended to stop taking it at least two weeks prior to your surgery date.

**This information was compiled from numerous sources and is provided for educational purposes.**

**As with all supplements, it's always best to check with your doctor prior to use.**

**These statement have not been evaluated by the Food and Drug Administration.**

