

Black Seed

nature's
miracle
remedy

Black Cumin

Habbatul Baraka

Black Caraway



Charnuska



Fennel Flower

W.G. Goreja

BLACK SEED

Nature's Miracle Remedy



By W.G. Goreja

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To My Mom and Dad

Nigella Sativa and Nigella Damascena (l - r)





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Introduction

Black Seed (*Nigella Sativa*)

For thousands of years, humans around the world have recognized the tremendous healing properties of a legendary herb: *Nigella sativa*, or Black Seed.

“Black Seed heals every disease except for death.” The Prophet Mohammed (pbuh) proclaimed this over fourteen hundred years ago. It’s quite a statement. But the protective and healing powers of Black Seed, the seeds from the plant *Nigella sativa*, are so astoundingly comprehensive and varied that for thousands of years humans have regarded it as a “Miracle Cure.” It works by assisting the body in its own natural healing processes. In fact, Black Seed has an unprecedented strengthening effect upon the immune system, and it works in a host of other ways to promote optimum health and well being.

In the following pages, we’ll examine how this remarkable herb came to earn its legendary status, including its recent resurgence in Western medicine. Though its efficacy is solidly backed by three thousand years of folklore, the past fifty years have seen a burgeoning amount of scientific data to further support Black Seed’s renowned healing properties.



In fact, we now realize that a complex synergy of over 100 chemicals contained in Black Seed work together to enhance and strengthen the body's immune system in a way no other singular, naturally occurring substance has ever been known to do.

The very fact that Black Seed targets the vital workings of the immune system grants it power over a wide range of ailments, both as a treatment and preventative. Consequently, Black Seed has proved itself a forceful ally against many ailments such as those caused by bacteria, viruses, and common allergies. In addition, however, it has proved valuable against such fatal diseases as cancer and AIDS. When it comes to health and well-being, a strong immune system is vital, and the properties of Black Seed are key to regaining the efficient functioning of your immune system and maintaining its optimum effectiveness. Furthermore, Black Seed is a potent antihistamine, anti-tumor, antibacterial, and anti-inflammatory agent, and the application of these actions alone provides relief for a multitude of ailments and disorders.

In the coming pages, we'll examine this "cure-all" in depth, including its history, its traditional applications, and the spread of Black Seed's popularity from Eastern Asia throughout the globe. Furthermore, we'll illustrate the science behind the



herb's efficacy and consider the chemicals found in Black Seed. Though the medical world was largely optimistic about the herb when its curative and preventative properties were first rediscovered in the West, the scientific research to date has granted evidence far surpassing even the highest expectations.

We will also describe the general uses of Black Seed today and discuss how to apply Black Seed in your own life in order to get the most from its protective and restorative properties.



Chapter 1

What Is Black Seed?

Black Seed is known by many names. You may have heard the herb referred to as Black Cumin or Black Caraway Seed. In Mohammed's (pbuh) time, Black Seed was referred to as *habbat al-baraka*, or "The Blessed Seed". Another common term comes from Romania and Russia, "Charnuska", and in India and Pakistan, Black Seed is known as "Kalonji". Occasionally, you will see Black Seed referred to as "Onion Seed," but this is a mistake in terminology. Due to the similarity in the appearance of the seeds, Onion Seed and Black Seed are often mistaken for each other.

To avoid confusion, always look for Black Seed's Latin botanical name: *Nigella sativa*.

Nigella sativa is believed to have originated in the Mediterranean. Over the years, its growth spread throughout northern Africa, eastern Asia, and southern Europe; and in the past few decades, as immigration helped the plant's cultivation and popularity to spread even more extensively, Black Seed found its way into Eastern Europe and North America.



Today, the plant is cultivated worldwide for its medicinal and culinary uses; but because Black Seed is sensitive to climate and soil conditions, cultivation thrives primarily throughout the Middle East and the Mediterranean Basin, especially in India, Bangladesh, Egypt, the Sudan, Turkey, Iraq, Iran, and Pakistan. Recognition of the astounding healing properties of Black Seed in the West has also spurred recent attempts at cultivation in the United States. However, growing this species in this part of the world has proved to be a sensitive process, and few Western manufacturers have been able to control the multitude of variables involved in growing plants that yield healthy and potent Black Seed oils.

Nigella sativa is a member of the *Ranunculaceae*, or buttercup, family. It may grow up to 18 inches tall and produces fine, light-colored foliage and annual, white-petaled flowers. The most distinguishing feature of the Black Cumin plant is the size and position of five-spiked seedpods, which stretch upward and remain closed until the seeds are ripe. These elongated seed chambers rise above the flower and create a claw-like effect. They also closely resemble a sharply spoked wheel, which will break apart to release the seeds only when it has grown ripe. This trait has earned the plant the additional name of “Catherine’s Wheel”. This name is a reference to the spiked wheel that broke before it could bring



St. Catherine to a martyr's death in 390. Depictions of her always include a fragment of this wheel in her hand.

What Black Seed Is Not

Over the centuries, Black Seed has garnered various nicknames, which have fostered a lasting confusion about the herb. The appearance of the plant, the uses of the herb, and both the appearance and aroma of the seeds themselves all contribute to the multitude of names and propagate the long-standing confusion regarding *Nigella sativa*.

When ground, for example, Black Seed emits a strong, spicy aroma similar to nutmeg or fennel, which led to the plant being called the “nutmeg flower” or the “fennel flower”, its generally accepted name today. It should be noted, however, that *Nigella sativa* is completely unrelated to the fennel herb plant, *Foeniculum vulgare*.

In biblical times, Black Seed was often used to spice breads and cakes, and throughout Europe over the centuries, baked goods were spiced with Black Seed either in combination with or as a replacement for spices such as cumin or coriander. Here, Black Seed earned the monikers “Roman Cumin” and “Black Coriander”. You may also hear Black Seed referred to as “Black Caraway” for similar reasons. The shape and size of



Black Seeds themselves, which are triangular and thin, has drawn comparison to the Poppy Seed. Logically, the name that derived from this observation is “Black Poppy”.

Close Relatives to Black Seed

Though Black Seed is not related to any of the previously mentioned herbs with which it is often associated, Black Seed does have some close relatives with which it is also often confused. Partially due to its ability to self-pollinate, Black Seed, also called “True Black Seed”, has begotten over twenty different varieties and cross breeds that currently grow naturally throughout the Mediterranean region. Those that invite the most confusion are its closest relatives: *Nigella damascena* and *Nigella arvensis*.

Nigella damascena (“Garden Black Seed”) is typically regarded as the loveliest of all cumin plants, and it has long been a decorative favorite throughout Europe. It bears delicate light-blue flowers reminiscent of small roses and has light green foliage so fine it has been compared to human hair. Indeed, this characteristic has granted *Nigella damascena* several mythic names over the ages. “Love in a Mist” refers to the myth of German Emperor Frederick I, who died by drowning and was said to have been seduced and dragged under by a Siren-like creature with beautiful green curls. The



What is Black Seed?

spot where he drowned was believed to have sprouted a sprig of fine blue blossoms entwined with silken green hair. Another German nickname for the plant is “Bride in Hair”, which refers to the Renaissance tradition of a bride signaling her virginity by going to the alter “in hair”, or with her hair unpinned and flowing. The French likewise named the plant “Cheveux de Vénus”, or “Hair of Venus”. The English bestowed the plant with yet a different name, “Devil in the Bush”, most likely referring to the spiky seed pods that, when not in bloom, cause the plant to appear especially menacing. *Nigella damascena* may be the most well known variety of the cumin plant, but it is used primarily for its aesthetic and aromatic qualities and should be clearly distinguished from the magnificent healing powers of *Nigella sativa*.

Nigella arvensis (“Wild Black Seed” or “Field Black Seed”) is not revered as is the previous discussed varieties, but it is important to note because of its nuisance as a field weed, which by association, caused a dive in the popularity of *Nigella sativa* at some points in history as well. *Nigella arvensis* resembles Black Seed most especially in the pungent, spicy aroma of its seeds. However, despite its close genetic relations, *Nigella arvensis* contrasts with the sweet “Love in a Mist” variety to such a degree that German maids were said to give a bouquet of Field Black Seed as a subtle hint to



unwanted suitors. The flower itself was nicknamed *Schabab*, which loosely translates as “scram!”.

In the 12th Century, St. Hildegard of Bingen composed her famous volume on biology and healing wherein the first confusion of Field Black Seed and *Agrostemma githago*, or Corn Cockle, takes place. Corn Cockle has long been scorned by grain farmers because of its bitter taste and possible toxicity in food. Over the centuries following this first case of mistaken association, Field Black Seed came to grow rampantly in wheat and rye fields and, though benign, was often mistaken for the hazardous Corn Cockle weed. Therefore, Field Black Seed came to be virtually eradicated in Europe, and unfortunately, even True Black Seed, *Nigella sativa*, fell out of favor as both a flavoring and healing plant.



What is Black Seed?

What Black Seed Is

Nigella sativa

True Black Seed, or

True Black Cumin

Black Caraway Seed

Habbat al-baraka

(Islamic Arabic)

Kalonji

Fennel Flower Plant

Ketzah (Hebrew)

Fitch (biblical reference
to whole plant)

Charnuska

What Black Seed Is NOT

Nigella damascena

Nigella arvensis

Wild/Field Black Cumin, or

Wild/Field Black Seed

Garden Black Cumin, or

Garden Black Seed

Caraway

Fennel

Nutmeg

Love in a Mist

Devil in the Bush

Onion Seed

Kala Jeerah



Chapter 2

Black Seed Throughout the Ages - A History

Black Seed has a long and auspicious history as a diversely beneficial herb. For over three thousand years, humans have used Black Seed to cure various ailments and to maintain and enhance their general health. The earliest use of the herb dates back to the Assyrians in ancient Egypt. The Assyrians called Black Seed “black tin-tir” and ingested it to treat stomach ailments. They also applied it externally for the treatment of eyes, nose, mouth, and inflammations of the skin such as rashes, bites, and sores.

Egypt

In Egyptian society, the rich golden oil pressed from the Black Seed was named “Pharaoh’s Oil.” The people of this civilization used an external application to nourish the skin, a practice that most likely contributed to the healthy bronze glow ascribed to the ancient Egyptians. More than cosmetics, however, Black Seed was used extensively as a digestive aid. The pharaoh’s personal physician is said to have always carried a bowl of Black Seed to aid digestion after lavish royal feasts. The oil was such a treasured part of daily Egyptian life that King Tutenkhamun chose to be buried with a phial of Black Seed Oil.



The first written record of Black Seed is found in the Old Testament of the Bible. The book of Isaiah notes that *ketsah*, the Hebrew word for what was later proven to be *Nigella sativa*, must be reaped by a different technique than that used with wheat (Isaiah 28:25-27).

Further testimony of the wide spread use of Black Seed can be found throughout the Arab world as early as the 14th century where the Prophet Mohammed (pbuh) stated that it “was a cure for all diseases except death”. Black Seed was so prevalent in daily life that it earned several different names: the common Arabic, *kamûn asvad*; the high Arabic, *shouniz*; the less formal, *habbe sôda*; and the aforementioned, *Habbat Al-Baraka*, or “The Blessed Seed”.

Persia

The renowned Persian physician and scholar, Ibn Sina, commonly known in the West as Avicenna, gave ample credit to the powers of Black Seed. In the 11th Century, Ibn Sina produced the unprecedented and extremely influential work *Kitab al-shifa'*, or *The Book of Healing*. This work is considered a hallmark in the history of human medicine and believed to be the largest volume ever produced by a single man.



Ibn Sina praised Black Seed for its preventative and restorative qualities. In his writings, he noted that Black Seed “stimulates the body’s energy and helps recovery from fatigue or dispiritedness.” He extolled the herb’s abilities as an internal purifier and detoxifying agent, as well as its anti-bilial effects, which are particularly useful against respiratory dysfunction. Ibn Sina additionally recommended Black Seed as a remedy for fever, headache, toothache, and common colds; as a soothing agent for skin disorders, wounds and external irritations; and as an anti-fungal and vermicide against parasites and worms, especially in children.

Muslim Society

The use of this amazing herb spread quickly throughout the Muslim world and became a staple in daily life. From its use as a spice to its recognized nutrients and its role in general health and wellness, Black Seed was a cherished part of Muslim society. In Turkey, Black Seeds were woven into little pouches and pinned to the clothes of children as a talisman, or nazarlik, that was believed to protect against the dangers of the “evil eye”.

To the east, Black Seed spread into India, where Black Seed, kalonji, was used medically to treat a number of disorders, including digestive ailments and gastrointestinal dysfunction.



It was also considered a great metabolic enhancer. Ayurveda, a prevailing medical practice in India even today, roughly translates as “the science of life, prevention, longevity”.

Ayurvedic medicine is an approach to wellness based on creating and maintaining an overall balance of energies and biological systems within the organism. Ayurveda utilizes Black Seed for its ability to heal nervous disorders, anorexia, and gynecological problems and uses this herb to heighten mood, stimulate metabolism, and provide the harmonizing benefits of an overall body tonic.

Asia

A traveler to the Far East today will find Black Seed everywhere, in spice bazaars, markets, and homes. Various recipes for using Black Seed have been developed for a wide variety of ailments, including:

- Gastrointestinal Dysfunction: flatulence, diarrhea, and constipation.
- Liver Dysfunction: jaundice.
- Gall Stones.
- Kidney Ailments: urination difficulties, urinary infections.
- Respiratory Ailments: cough, congestion, bronchial inflammation.
- Menstrual Problems.



- Parasites.
- Hair and Skin Care: Black Seed promotes follicle growth and prevents dandruff.

Europe and the United States

In Europe, Black Seed was recognized as early as the 1st Century AD when Pliny the Elder, the Roman scientist and scholar, wrote extensively of the herb in his *Naturalis Historica*, the world's first encyclopedia of natural science. He celebrates the herb as an excellent remedy for the applications already established throughout the Arab world, and he adds his own further uses, such as for snake bites, tumors, and various skin ailments. By the 5th century, Hippocrates, the famous Greek physician, applied the herb under the names of *melanthion* and *melaspermon* - "black leaf" or "black seed". During the Middle Ages, Dioscorides described Black Seed in his masterful work *De materia medica* - an herbal guide to health and healing. Dioscorides advocated the use of Black Seed for the treatment of nasal congestion, headache, toothache, and intestinal worms. He also noted the seeds' efficacy as a diuretic and in the promotion of menstruation and lactation during pregnancy.

The writing of Dioscorides influenced the great homeopathic doctors of modern times. It is in this time that "Nigella" became a common name for Black Seed.



By the 18th Century, Black Seed was written about in Germany by St. Hildegard and the misconception of Black Seed as a dangerous, even toxic, weed instigated a disregard of the herb for many years.

Interestingly, the resurgence of Black Seed's popularity in Europe was led by an Egyptian veterinarian who treated equestrian disorders with whole Black Seeds mixed into the afflicted animals' food. The doctor treated a few European animals, and consequently, his methods drew the attention of various German scientists. The use of Black Seed to treat respiratory ailments and parasitic problems in pets instigated an ongoing body of Western research on the herb. This research has provided a mass of scientific data supporting the many uses of Black Seed. Only time will reveal just how much more this great herb can do for the health and well-being of the human race.



Chapter 3

How it Works: The Science Behind the Miracle

What's in Black Seed?

In 1959, Mahfouz and El-Dakhakhny, prominent Egyptian researchers, isolated the active principle, nigellone, from Black Seed's essential oil. For the first time the individual components of Black Seed could be examined through clinical research and standardized testing. In the decades since, over 200 individual studies have been completed and many more elements of Black Seed revealed. So far, we understand that there are over one hundred different chemical components in the seeds. Of these one hundred, we've studied only sixty-three, and six substances have yet to even be identified. Though the sixty-three we've studied unlock the mystery behind certain actions and abilities of the herb, the mechanisms of other powers evident in Black Seed remain a mystery. Researchers speculate that the remaining abilities of Black Seed may be explained by both understanding the unidentified elements and a closer examination of the synergistic effect of the elements already identified.

Nigellin and Melathin

Two ingredients in Black Seed that significantly contribute to its highly diversified powers are the saponin nigellin and the



bitter principle melathin. These substances work together to provide the digestive benefits that have been revered in Black Seed for centuries. They also promote intestinal cleansing and encourage an overall eliminating action.

Sterols

Sterols are aromatic, steroid-based alcohols with either an animal or vegetable origin. Cholesterol is the best known of these substances. Black Seed contains beta-sterol, a substance that is considered by some to be one of the most important components of the herb. Beta-sterol supports secretion throughout the body and is a significant agent for lowering cholesterol.

Volatile Oils

Two of the most important volatile oils found in Black Seed are the originally isolated nigellone and thymoquinone, which was first discovered in the herb in 1985. Nigellone offers both anti-spasmodic and bronchodilating properties, contributing to Black Seed's potency against respiratory ailments.

Additionally, nigellone works as an antihistamine, thereby reducing the negative symptoms of allergy sufferers.

Thymoquinone displays amazing anti-inflammatory and analgesic properties. It is also a strong anti-oxidant and helps to cleanse the body of toxins. Furthermore, thymoquinone



boasts capabilities similar to nigellone. The 1985 study that first isolated the substance clearly showed thymoquinone to possess antihistamine and bronchodilating effects.

Undoubtedly, both nigellone and thymoquinone work together to enhance Black Seed's action against respiratory ailments and offer a healthy alternative to the harsh, cortisone-based therapies commonly prescribed to allergy sufferers.

Fatty Acids

Black Seed provides a rich supply of polyunsaturated fatty acids. These substances play a crucial role in daily health and wellness. They regulate metabolism, carry toxins to the skin's surface for elimination, balance insulin levels, regulate cholesterol, improve blood circulation, and promote healthy liver function. Deficiency in polyunsaturated fatty acids leads to a wide array of health problems, including nervous system disorders, skin ailments, and uninhibited growths such as abscesses or tumors.

Additionally, three polyunsaturated acids are absolutely necessary for cellular growth in all mammals. These are arachidonic, linoleic, and linolenic acids. The body supplies each of these except linolenic acid, which must be obtained through outside sources. Black Seed is an excellent source of this essential fatty acid. Not only does linolenic acid preserve



and enhance such vital functions as cellular activity, brain function, central nervous system activity, but the presence of linolenic acid also allows for the production of a critical substance known as prostaglandin E1.

Prostaglandin E1

Prostaglandins are unusual biochemicals that are generated spontaneously and released through nerve stimulation. Science has identified only twelve prostaglandins to date. Interestingly, different prostaglandins produce different effects on the body, many that are desirable but many that can be destructive as well. Black Seed produces a prostaglandin with highly desirable effects. It produces prostaglandin E1.

Prostaglandin E1 works by regulating hormone secretion. It inhibits inflammation, helps to prevent thrombosis, reduces cholesterol synthesis, and works to block the formation of abnormal cells. Prostaglandin E1 also lowers blood pressure and may protect the liver from the effects of alcohol and other irritating drugs. This substance also contributes to Black Seed's general balancing action by maintaining the salt and water balance, and it regulates insulin secretion, nerve conduction, and gastrointestinal function.



Here are just a few of the functions of Prostaglandin E1:

- Regulates nerve impulses and brain function.
- Lowers blood pressure and acts as a vasodilator to prevent clogged vessels.
- Regulates the immune system and enhances the body's defense against illness.
- Reduces edema and skin irritation.
- Reduces inflammation.
- Bronchodilating effects help keep oxygen moving freely throughout the respiratory system.

It is not clear why Black Seed produces only this beneficial prostaglandin and not others that may hinder the body. A 1994 study conducted by the King's College in London revealed that Black Seed has properties that inhibit certain enzymes, which in turn inhibit the production of certain prostaglandins. This is yet more evidence that the rich and complex combination of elements found in Black Seed work together for a total effect more powerful than the sum of its individual parts. Black Seed is a singular blend of components coming together to offer man a remedy unlike anything else.

The Immune System: A Closer Look

The immune system is a complex and vitally important arrangement of cells and cell products such as anti-bodies,



which recognize and neutralize foreign substances and potentially pathogenic organisms. It is the body's defense system against invasion. There are two types of cells in the immune system, both of which are derived from stem cells in the bone marrow. Red blood cells, or erythrocytes, transport oxygen throughout the body, while white blood cells, or leucocytes, defend the body against foreign agents.

Leucocytes must recognize and destroy hostile agents. There are several different types of leucocytes. Here we'll examine two distinct varieties known as lymphocytes. Lymphocytes, like all cells in the immune system, have an intricate system of labor distribution. Each type of lymphocyte has a distinct function, which is its sole responsibility. It does nothing else. Two groups of lymphocytes are of particular importance to overall health and have been studied extensively in pursuit of treatments and cures for immuno-deficiency diseases such as AIDS and Multiple Sclerosis. These are B-cells and T-cells.

B-cells work primarily to produce antibodies, which are y-shaped proteins that are secreted in response to an antigen such as a foreign bacteria, virus, or parasite. The antibody will bind with the foreign substance, thereby neutralizing it. T-cells are more aggressive and will directly attack and destroy foreign material. These are sometimes referred to as "defensive cells".



The immune system is a delicate balance that, if disturbed, will create and encourage a barrage of ailments in the body. The immune system grows dysfunctional in one of two ways. First, it may fall into a weakened state wherein too few antibodies are produced and defensive cells are outnumbered by the attacking organisms. A weakened state leads to a heightened vulnerability to infection, non-healing or chronic disorders, an eruption of viral infections and skin problems, frequent disorders of the respiratory system, and physical exhaustion and general malaise. To exacerbate matters, a system thus overworked will spur an overabundance of suppressor cells that inhibit immune functioning and, in excessive numbers, leave the body virtually defenseless.

Conversely, the immune system may become overactive. If defense cells grow at such a rate as to outnumber suppressor cells, the immune system will overreact and experience a state of hyperactivity wherein T-cells no longer make the distinction between destructive and benign elements. In this case, the defense cells may actually turn against the body and attack healthy tissue. A hyperactive immune response can be seen in allergy sufferers whose histamine production is elevated and the symptoms of fighting the allergen are more destructive than the allergen itself. A hyperactive response is also the cause of various forms of rheumatoid arthritis and



fibrosis of the lungs, kidney and liver disorders, multiple sclerosis, epilepsy, diabetes, and leukemia.

As you can see, a well-balanced immune system is vital to proper health and functioning. And the immune system faces a myriad of stressors every day, including bacteria, viruses, fungi, environmental pollutants, chemical food additives, emotional stress, and sleep disturbances. The immune system must recognize and combat an unending stream of potentially harmful substances to the body. Black Seed, when taken over time, is a proven immunomodulator - meaning it helps sustain the immune system's strength and the proper balance necessary for optimum functioning.

Black Seed and a Balanced Immune System

As discussed, environmental factors, improper diet, nicotine, alcohol, and stress all take a toll upon the body, and disruptions of the immune system are quite common as a result. In fact, studies have reported that 30-50% of all Americans suffer from allergies - a clear sign of an overactive immune system. More severe ailments associated with a dysfunctional immune system include unexplained rashes and inflammations of the skin, chronic exhaustion, recurring infections, cancer, and AIDS.



Black Seed remedies the imbalance of an impaired immune system in several unique ways. Both nigellone and thymoquinone, the active ingredients in the essential oil of Black Seed, act as powerful bronchodilators, which counter excessive immune reactions and restore proper function to the respiratory system. Respiratory symptoms are often caused by hyperactivity of the immune system, as clearly seen in common seasonal allergies. Both of these substances also offer anti-oxidant qualities that disrupt the free-radical activity that attacks the body in times of weakness and stress.

Perhaps most importantly, nigellone and thymoquinone work in the conversion of linolenic acid, which is a necessary function to the production of prostaglandin E1. Prostaglandin E1 generates critical regulatory actions in the body, works as a potent anti-inflammatory agent, and strengthens the resistance of cell membranes to foreign material. When imbalanced, the immune system shows a lowered amount of linolenic acid, and therefore a deficiency of Prostaglandin E1. Black Seed is one of the very few substances that can adequately fill this need.

These complex actions make Black Seed a valuable addition to the treatment of a long list of ailments. Here, we'll deal with a few of the most common and discuss recent evidence of Black Seed's efficacy as a remedy for each.



Research

Research from around the globe is producing increasing support for Black Seed's widespread healing powers. Since 1959, over 200 studies have been conducted on the medical applications of the herb, and the findings have surpassed the expectations of even Black Seed's most ardent supporters. Due to its profound effect on the immune system, Black Seed supplements and strengthens the body's own ability to heal. Black Seed has even proved beneficial against the deadliest of diseases, especially when combined with complimenting treatments.

Cancer:

The Cancer Immune-Biology Laboratory of South Carolina recently published results of one of the most comprehensive studies on Black Seed to date. They reported the following encouraging results:

“Black Cumin Oil (Black Seed) generally helps stimulate the production of bone marrow and cells of the immune system... It increases the production of interferon, protects normal cells from the damaging effects of viral disease, destroys tumor cells, and increases the number of antibody-producing B-cells. All registered effects make Black Cumin Oil (Black



Seed) an ideal candidate for use in cancer prevention and cure.”

Specifically, this study found that the growth rate of healthy bone marrow cells increased by 250% while the growth rate of tumors decreased by 50%. Additionally, Black Seed was found to boost the levels of interferon, a protective substance guarding cells against attacking organisms.

Recent research into herbal treatments for cancer has noted the importance of compounds known as biological response modifiers (BRMs). A BRM will reduce the negative side effects of the harsh treatments for cancer while at the same time increasing the efficacy of those treatments. Black Seed is an excellent example of such a substance.

Chemotherapy greatly weakens the immune system and puts the patient at an increased risk for infection at just the time when the body has little ability to defeat an infection. Black Seed not only boosts the immune system, but Black Seed extracts have been proven specifically lethal to cancer cells. Experiments using mice have shown that Black Seed can even reduce the blood toxicity caused by cisplatin, a common cancer medication. Similarly, a study conducted at King Saud University in Saudi Arabia found Black Seed to be effective in



preventing the liver toxicity associated with long-term cancer treatments. The anti-oxidant properties of thymoquinone are believed to contribute to this result.

Furthermore, the volatile oils of Black Seed have been shown to inhibit tumor growth by blocking the mechanism that allows for the development of blood vessels within the tumor. The absence of an adequate system of blood vessels deprives the tumor of oxygen and prevents growth. Black Seed has proven highly effective in this regard, even with tumors that show resistance to current anti-tumor drugs. Researchers in the South Carolina study believe Black Seed has “remarkable promises for clinical use” in the treatment of cancer.

AIDS:

As an immunodeficiency disease, AIDS treatment has much to do with strengthening and regulating the immune system. Research has scrutinized Black Seed’s exact role in immunomodulation, its ability to modulate the immune system. This is best expressed by comparing ratios of two types of T-cells: helper T-cells and suppressor T-cells. Helper T-cells, or TH, are responsible for activating both B-cells and other T-cells. Without TH, normal levels of antibodies will not be produced and the cytotoxic, or “killer”, T-cells will be under-active. Suppressor T-cells, or TS, work to maintain a healthy



balance of activity by suppressing over-active cells in the immune system. A ratio of TH to TS is a good indicator of an immune system's activity level.

Studies on the efficacy of Black Seed in the treatment of AIDS focused on just that, and the results were more than encouraging. In the late 80's, the Akbar Clinic and the Institute for Islamic Medicine for Education and Research in Panama Florida published an important study, "The Black Seed (*Nigella sativa*) as a Natural Immune Enhancer". They found that Black Seed, in doses as small as two grams per day for thirty days, improved the TH:TS ratio by an astonishing 55-72%. The use of Black Seed also enhanced the natural killer cell activity by 72%. Research published in the Archives of AIDS Research has additionally noted enhanced TH:TS ratios and called Black Seed "a potentially important immunomodulator...particularly in cases (such as) cancer and AIDS."

Hypertension:

One in every four American adults has high blood pressure. Changes in diet, exercise levels, stress management, and sleep patterns all play a role in regulating this disease. Synthetic drugs are also available to help drop blood pressure levels. These drugs, however, offer a range of side effects including



erectile dysfunction, dizziness, cough, headaches, and fatigue. Animal studies have revealed that Black Seed may be a promising alternative to these medications. Reported effects include a marked drop in arterial pressure after only fifteen days of treatment. Black Seed's antioxidant properties have also been recognized as useful against hypertension and other cardiovascular disorders.

Diabetes:

Encouraging work has been done on the effects of Black Seed on the blood glucose levels of various animals, including rabbits, goats, rats and mice. All studies showed a significant decrease in blood glucose levels when Black Seed had been administered for at least 48 hours. The effects grew stronger the longer the animal received the dose, for up to a few weeks $\frac{3}{4}$ at which point the glucose readings leveled off and a therapeutic balance was maintained. As a result, Black Seed is currently being applied as part of a treatment for diabetes. The recently published "Diabetes: A Holistic Understanding", by prominent physician and herbalist Muhammed Salim Khan, details lifestyle changes, diet, and a mixture of supplemental herbs for the management of diabetes. Although the blend is comprised of five different herbs, Black Seed constitutes over 50% of the mixture.



A noteworthy study, conducted at King Faisal University in Saudi Arabia, examined both the application of Black Seed as a whole and the extracted form of thymoquinone alone in the regulation of blood glucose levels. Although both effectively reduced the blood glucose levels of the rats in the study, only Black Seed taken as a whole was tolerated with no side effects. In fact, higher doses of thymoquinone proved fatal to most of the rats after only one week of treatment, while the rats that received the same dosing of Black Seed “showed no sign of toxicity or discomfort”. This is further indication of the powerful and unique combination of elements in Black Seed that intricately interact for vast and largely inimitable health benefits.

Allergies:

Given what we know of Black Seed’s powerful anti-inflammatory, bronchodilating, and antihistamine properties, it is no surprise that it is an excellent agent against chronic allergic reaction. Recently, scientific evidence is giving additional credence to what many have already known based upon personal experience.

In 1993, Dr. Nimal Chakravarty found that nigellone, an active ingredient in Black Seed, suppressed histamine activity by both inhibiting a protein called kinase C, which triggers the release of histamine, and by decreasing the uptake of calcium in certain cells, which additionally slows the release of histamine.



Studies of the practical application of Black Seed to allergy sufferers soon followed. Dr. Peter Schleicher of the World Academy of Scientists has had a long career of investigating new forms of therapy for chronic illnesses. Recently, he turned his attention to Black Seed and the treatment of allergies. His subsequent findings correspond identically to those released in the U.S. Schleicher tested over 600 patients and found that over 70% of the patients were completely cured of their allergies. Whether the reactions included respiratory symptoms, such as hay fever or asthma, or skin disorders such as rashes, dandruff, or inflammations - 70% experienced total relief. Even those who reported fatigue, bowel disturbances, or lowered sex drive reported a complete alleviation of their symptoms.

The following chapter will discuss ways to reap some of these extraordinary health benefits through the application of Black Seed in your own daily life.



Chapter 4

Black Seed and a Healthy Life

Black seed has such diverse powers that, before we examine the specific uses of the herb, let's first recap the variety of actions that it provides. Although many more can be listed from centuries of use, the actions that follow have all been verified through scientific research conducted over the past fifty years.

Black Seed's Mechanisms of Action

- *Analgesic*: Relieves or dampens sensation of pain.
- *Anthelmintic*: (Also known as a vermicide or Vermifuge.) Destroys and expels intestinal worms.
- *Anti-Bacterial*: Destroys or inhibits the growth of destructive bacteria.
- *Anti-Inflammatory*: Reduces inflammation.
- *Anti-Microbial*: Destroys or inhibits the growth of destructive microorganisms.
- *Antioxidant*: Prevents or delays the damaging oxidization of the body's cells - particularly useful against agents known as free radicals.
- *Anti-Pyretic*: (Also known as a febrifuge.) Exhibits a "cooling" action useful in fever reduction.



- *Anti-Spasmodic*: Prevents or eases muscle spasms and cramps.
- *Anti-Tumor*: Counteracts or prevents the formation of malignant tumors.
- *Carminative*: Stimulates digestion and induces the expulsion of gas from the stomach and intestines.
- *Diaphoretic*: Induces perspiration to cool fever and stimulate the release of toxins from the body.
- *Diuretic*: Stimulates urination to relieve bloating and rid the body of excess water.
- *Digestive*: Stimulates bile and aids in the digestion process.
- *Emmenagogue*: Stimulates menstrual flow and activity.
- *Galactagogue*: Stimulates the lactation of milk in new mothers.
- *Hypotensive*: Reduces blood pressure.
- *Immunomodulator*: Suppresses or strengthens immune system activity as needed for an optimum balance.
- *Laxative*: Causes looseness or relaxation, especially of the bowels.

Black Seed has tremendous preventative abilities and is best used when taken regularly over time. The importance of a healthy immune system for overall well-being and protection from virtually every type of disease cannot be over



emphasized. The following section will address the use of Black Seed in response to a particular complaint. Remember that while Black Seed is compatible with all other treatments, herbal supplements, vitamins, and synthetic medication, it often is not a single cure in itself. Rather, Black Seed should be regarded as an overall body enhancer, a tool that allows your body to function at its best and to combat ailments as they arise. Expect to see the benefits of Black Seed within a few weeks of beginning your daily dose. The exception to this assertion is digestive discomforts, for which Black Seed may offer more immediate relief.

Also, keep in mind the preventative powers of Black Seed. Its daily use as a prophylactic and general health supplement is highly recommended.

Respiratory Ailments

Black Seed's bronchodilating effects open passageways in the lungs and allow more oxygen to pass through. Congestion is lowered as Black Seed helps to dissolve and expel mucus from the respiratory tract. The herb's antispasmodic properties reduce coughing, while the antipyretic effects cool fever in the case of cold, flu, or severe bronchial infections. And, of course, Black Seed bolsters the immune system to help destroy invading bodies and restore optimum health.



Asthma

Asthma is a hyper-reaction of the immune system causing swelling of the mucus lining in the lungs, spasms of the bronchi, and effusive production of thick mucus. Black Seed's abilities discussed above aid in ameliorating these symptoms. In addition, because asthma is an allergic reaction, Black Seed's antihistamine attributes make it exceptionally helpful.

Digestive Complaints

Black Seed is an excellent prophylactic for digestive problems. It cleanses the digestive system, eliminating toxins and enhancing top performance and resistance to disease. This digestive detoxification is extremely important because an accumulation of intestinal toxins, over time, can lead to many different infirmities, ranging from the typical digestive complaints of diarrhea and constipation to bowel irritation, chronic fatigue, and recurring headache. Over longer periods, diseases such as rheumatic arthritis, skin ailments, and fungal problems may develop. Routine use of Black Seed will help to prevent these troublesome complications.

Black Seed may also be taken as a quick remedy for mild digestive complaints such as flatulence, stomachache, or heartburn.



Skin Ailments

Any form of allergic skin reaction is helped by the antihistamine and anti-inflammatory properties of Black Seed. External applications of the herb have been found to aid conditions such as eczema, psoriasis, skin fungi, and infections. In fact, the National Research Center in Cairo recently published the results of a study on Black Seed and eczema that yielded tremendous treatment success. Topical application and powdered capsules were used, and in each instance the study found that the treatment “led to complete recovery of the signs and symptoms of the eczematous lesions”.

Black Seed oil may be prepared as a tincture or paste and is often cooled before application for a smooth, soothing remedy. It will reduce itching and inflammation, boost immune system activity against the disease, help to prevent infection, and support healing of injured or infected areas. Black Seed is also effective in the treatment of insect bites, allergic rashes, acne, hives, and flesh wounds. Black Seed is also beneficial against skin disorders when taken internally, though it is slower to take effect than with external application.



Pain Management

The analgesic properties of Black Seed make it a useful ally against such conditions as headaches, earaches, joint pain, and recovery from various injuries including cuts and bruises.

Whether applied externally or taken internally, this amazing herb will reduce swelling, ease pain, and quicken recovery.

Studies conducted on the use of Black Seed in the alleviation of headache pain found that the herb works on several levels. It regulates hormones, and a hormonal imbalance commonly produces various complaints that include headache. Its vasodilating properties increase blood flow and rush oxygen to the area to promote healing. In addition, Black Seed has been found to eliminate uric acid in the body - a fact that also makes it useful, along with a careful diet, in the treatment of painful kidney ailments such as gout.

Arthritis

Arthritis is relieved by Black Seed's anti-inflammatory and analgesic elements. In the case of rheumatoid conditions, yet again an imbalance in the immune system is the main cause for the disorder. Leukocytes in the joint lose their ability to distinguish invading matter and attack foreign and healthy tissue alike. Black Seed aids in alleviating the symptoms of the disease. It reduces the pain and inflammation that lead to stiffness and restricted movement, and it prevents infection



and strengthens the connective tissue in the joints. More importantly, Black Seed also combats the very cause of the disease by helping to restore balance and proper functioning to the immune system. Both internal and external applications are useful against arthritis.

Hypertension

Black Seed helps lower blood pressure in a variety of ways. It releases excess fluid and relieves arterial pressure.

Thymoquinone possesses strong antioxidant properties beneficial in cardiovascular ailments, while Prostaglandin E1 has been proven to directly lower blood pressure.

Supplement to AIDS and Cancer Treatment

Recent evidence clearly shows that Black Seed can be an invaluable enhancement to the routine medical treatments of immuno-disruptive diseases such as cancer and AIDS. Black Seed enriches the immune system, helping it to better gain balance and a higher level of function. Black Seed bolsters t-cell ratios and affords the body maximum defensive abilities. Black Seed also works as an anti-tumor agent, and when used in conjunction with chemotherapy, the herb works to reduce side effects of the treatment while at the same time increasing its efficacy.



Health and Beauty

Since the age of King Tut, Black Seed has been an essential beauty component for the people of many cultures. The legendary bronze complexion of ancient Egyptian royalty is commonly attributed to the use of Black Seed in daily skin care. Black Seed's essential oil makes a great facial cleanser, and the essential fatty acids it contains make it a fantastic moisturizer for both hair and skin as well. It also fortifies the scalp, strengthens hair follicles, and promotes healthy nails and teeth.

Furthermore, Black Seed makes an invigorating mouth wash. It cleanses the mouth, reduces any swelling of the gums, and kills harmful germs and bacteria trapped between the gums and teeth. In fact, Black Seed has been used in oral health and hygiene for centuries and different cultures have developed different mixtures, or "recipes", utilizing Black Seed in a liquid or powdered form.

Black Seed and Your Pet

As you may recall, it was the veterinary use of Black Seed that spurred its most recent popularity in the West. The incident in question involved a racehorse named Baronesse with chronic respiratory problems so severe that the owner was tragically looking at putting the animal down. The



addition of Black Seed to the horse's diet, however, quickly cleared the problem and Baronesse won many more titles in her life. Since that time, studies on Black Seed have uncovered numerous uses for the herb in animals.

Horses

The majority of research has been conducted on the equestrian use of Black Seed; however, the same functions may be applied to similar animals such as cows, donkeys, and goats. These applications, in fact, are largely similar to those for humans.

Whole Black Seed mixed with the animal's food is an excellent remedy for respiratory ailments, allergic reactions, and parasites of all kinds. Daily intake also enhances overall stamina. In addition, Black Seed may be applied externally in a variety of ways. Black Seed steeped in water may be sprayed upon the animal's coat before a thorough daily brushing for gleaming hair and skin, improved circulation, and a natural fly repellent. About 20-30 drops of pure Black Seed oil may be directly applied to ease hoof inflammation, as well as the infection and edema associated with a condition known as "fifth wheel load". Small wounds may also be treated with direct application of Black Seed oil, usually around ten drops massaged gently into the wound, to reduce infection and promote healing.



Birds

Smaller birds, such as pet birds or carrier pigeons, may benefit from Black Seed mixed directly with their normal seed mixture. For everyday health, start with a very small dose and slowly increase Black Seed to about 5% of the complete mix. To address a current ailment, Black Seed may comprise as much as 10% of the total food intake. For larger birds, such as chickens and game fowl, Black Seed may be mixed with drinking water in proportions as large as 5% to fight bronchitis and other respiratory problems. Interestingly, a recent German study revealed that a daily intake of Black Seed in healthy chickens showed not only a 7% increase in body weight, but increased fertility and a higher percentage of usable eggs as well.

Cats and Dogs

Similar to horses, Black Seed may be sprayed on and brushed through for a healthy coat, a curative for dandruff, and a flea and tick repellent. In fact, the scent of Black Seed has been known to ward off insects of all kinds, even from afar. A more concentrated dose may be directly applied to wounds.



Chapter 5

Practical Tips: Getting the Most from Black Seed in Your Life

The benefits of taking Black Seed are vast and varied, and the methods of taking Black Seed are also diverse. In the following section you'll discover how to most benefit from this incredible herb, compare the methods of taking Black Seed, and learn how to recognize variables that may affect the purity and efficacy of Black Seed products.

How to Take Black Seed

Black Seed may be applied topically to the skin, as pure oil or in mixtures. Additionally, Black Seed may be ingested in three different ways. Most simply, the seeds themselves may be consumed. Black Seed makes an excellent culinary spice and has been used for thousands of years either crushed or as whole seeds in many food and beverage recipes. It is also available in liquid form - the oil itself or encapsulated as either a liquid (softgels) or as crushed powder. The manufacturer should clearly mark the dosing of these capsules.



Capsules:

When taking Black Seed capsules, always start with the lowest recommended dose on the bottle. Each individual is different. Determine your own personal tolerance for the herb and raise the dosage as needed. Also keep in mind that manufacturers differ in their preparation of Black Seed products, and careful attention should be paid to the method of processing used. Oil may be extracted from the seeds in several ways. The purest and most effective method is known as “cold pressing”. Some manufacturers will use a heated pressing method for a higher yield of oil per pressing. However, the higher temperatures destroy a good portion of the essential fatty acids, thereby producing weaker oil. Given the powerful synergistic effects of Black Seed oil, the reduction of any single element, let alone any combination of elements, may have incalculable consequences for the healing abilities of the oil. Another important consideration is whether or not the product is from a “first pressing”. This assures the oil has been pressed from whole seeds and not from the residual grounds of previously pressed seeds in a “second pressing”. A first-pressed oil, sometimes called “virgin pressed”, additionally ensures pure Black Seed oil that has not been mixed, or “stretched”, with lesser quality oils for a higher volume of output.



Black Seed Oil:

Many people prefer Black Seed in its liquid form. A single dose of 20-30 drops is easily taken on a piece of thick, multi-grained bread. Be sure to chew well and mix plenty of saliva with the bread before swallowing to aid the digestion and absorption of the oil. This can be taken three times a day for up to three months.

Black Seed in Food:

The possibilities for culinary uses of Black Seed are endless. Historically, the seed has been used for thousands of years in soups, breads, and pastries. Black seed not only heightens the flavor of food, but aids in the digestion process as well. In India it is used in a popular five-spice seasoning called masala. Additionally, preferred for its milder flavor, Black Seed is often ground and used as a substitute for black pepper. A flavorful tea may be enjoyed by simply crushing whole Black Seeds and steeping in hot, though not boiling, water. Whole seeds can be sprinkled into salads and various dishes, like sunflower or sesame seeds are used. Baked goods may be topped with whole seeds, or the seeds may be ground and baked into the food. Black Seed also makes a savory addition to meat dishes, especially patés and ground meat mixtures. Be sure to grind your seeds immediately before use so as to prevent excessive oxidation of the herb.



External Uses of Black Seed

Topical application of Black Seed is especially useful against skin ailments, inflammation, insect bites, and general rash or irritation of the skin. Spreadable creams may be made by mixing the oil with cornstarch, apple vinegar, or honey. Black Seed oil alone may also be directly applied. Often a cloth, soaked in Black Seed oil or a Black Seed mixture, is fastened to the affected area. Diluting Black Seed in warm water makes a great solution to use as a compress for eye strain and headaches. Black Seed oil may be rubbed into the temples to ease headaches, or it can be mixed with a base oil such as apricot or almond for use in a soothing body massage.

Oxidation and the Denaturing of Pure Black Seed Oil

Oxidation is the process by which oxygen interacts with, and chemically alters, a substance. Oxidation specifically degrades fatty acids. It works on a molecular level by breaking the double-bond structure of the fatty acids, resulting in new substances that may be less beneficial, or even harmful, to the body.

Additionally, Oxidation produces unstable oxygen molecules, known as free radicals, which break down healthy tissue and contribute to numerous diseases. Black Seed's richness in valuable fatty acids makes it particularly vulnerable to the



damaging effects of oxidation. For this reason, special care should be given to the production of Black Seed supplements. Often, Black Seed will be supplemented with Vitamin E, which offers potent antioxidant properties. Vitamin E helps prevent oxidation as Black Seed is exposed to the air.

As a consumer you can look for signs of high-quality Black Seed products and take a few simple precautions to maintain the safety and potency of Black Seed oil in your own home.

In A Nutshell: Tips for Using Black Seed Oil

- Black Seed containers should be opaque and filled to the top, with minimal space for air.
- Store your Black Seed in a cool, dry area. Dark glass containers are preferable.
- Be sure the seeds have been “Cold Pressed”. Higher temperatures chemically change the oil and lessen its effectiveness.
- Look for oil made from seeds that have been first pressed, or “pressed”. Some manufacturers will try to save money by gathering the used grounds of already pressed seeds and process it again. This yields weak, sub-standard oils.
- Purchase Black Seed in smaller quantities to ensure



purity. Buy an amount that you will use within a few weeks. The oil will begin to decompose from the moment the bottle has been opened, and you risk the oil turning rancid after an excessive period of time.

- Try Black Seed capsules coated with vitamin E. These break down more slowly and have a slightly longer shelf life.
- While taking Black Seed, be sure to drink plenty of water to aid in the removal of toxins from the body.
- When taking capsules, begin with the lowest suggested dose and adjust dosing as you grow used to the herb.
- **CAUTION:** Black Seed should NOT be used during pregnancy. Increased prostaglandins may dilate the cervix and increase the risk of miscarriage.

Black Seed itself works wonders. We've discussed its miraculous effect on the immune system, which in itself impacts most every disease imaginable. Through its powerful prophylactic and healing properties, Black Seed strengthens the body's ability to truly thrive, to fight and eliminate dangerous substances in the body. From cancer-fighting properties to antioxidants to antihistamine agents - all elements in the herb combine for unparalleled healing effects. Moreover, recent studies have shown that Black Seed in



combination with other healing herbs, such as garlic, produce even greater results.

The potential combinations of Black Seed and other herbs are limitless. At this time, Black Seed can be used safely with any medical treatment, vitamin, or herbal supplement. As research continues, Black Seed holds boundless potential to boost the effects of other herbs. Continuing research will no doubt uncover mounting evidence of even further applications for this “blessed herb”.

Although Black Seed is quite beneficial when used alone, it is important to note that it works in conjunction with the body, helping the body help itself. Therefore, a healthy lifestyle enhances the effects of the herb. Careful attention to diet, regular exercise, and effective stress management will further augment Black Seed’s enormous curative powers for your optimum health and well-being.

For thousands of years, humans have benefited from the use of Black Seed in their daily lives. Finally, we have the technology to identify exactly how and why this seed is so useful. This new scientific knowledge will lead to the discovery of new areas of application for the herb, new



effective combinations, and new reasons why Black Seed is such an exceptional daily preventative from everything from the common cold to cancer. And, aside from its use in pregnancy, neither thousands of years of folklore nor extensive scientific research has uncovered a single negative side effect from the use of Black Seed. The possibilities for Black Seed are endless. It is holding up to its exceptional legend; it truly is the miracle cure.



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Black Seed: The "Miracle Herb" of the Century

That may sound like an exaggeration, but in fact, history shows us that this extraordinary herb may just be the primary health-bolstering agent of the millennium! For thousands of years, *Nigella sativa*, or Black Seed, has been revered for its astounding healing power. Throughout the ages, again and again, Black Seed emerges in prominent herbals and medical texts as a notable healer for an astonishing range of ailments. This book will take you through the history of this remarkable herb and into its use in our age, wherein science is finally advanced enough to clinically validate what herbalists have long known: that Black Seed's benefits are so diverse that, especially when used in conjunction with other treatments and herbs, it is very nearly a cure-all.

A complex interaction of over 100 active components gives Black Seed a tremendous power to regulate immune function and enhance the body's constitution in a way no single substance has ever been known to do.

This means that Black Seed is useful against a vast array of ailments from those caused by bacteria or viruses, to common allergies and even injuries. The coming years will see exciting new applications of Black Seed in the treatment of such fatal diseases as cancer and AIDS.

These pages provide a comprehensive overview of the science behind the miracle and detail recent studies and modern uses of Black Seed, including the treatment of respiratory ailments, digestive complaints, skin problems, hypertension, cancer, HIV/AIDS, beauty and skin care, and more! Most importantly, you can use this book to guide you through the basics of how and when to use Black Seed. You'll be on your way to realizing your maximum potential of vitality and health.

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