Everything You Ever Wanted to Know About Black Seeds
Everything You Would Ever Want to Know About Black Seeds

mini-version for members

Also Included is a Chapter on Body Cleansing (Liver, Bowel, Kidney, Parasites)

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**May you enjoy this book more and spread the word about this miraculous seed to others. Please do not copy this book in any form. Instead give your friends the address to order their own copies. This book is copy written for Um Hurairah only and no part may be copied, used or taken without her express permission.

I dedicate this book to those who need help and to those who were helped. I also dedicate this book to my dearly departed husband who is not alive today to see how this little seed took care of his wife much better than he could have ever hoped.
Introduction

Nigella sativa sounds so formal doesn't it; like a technical term in a medical dictionary? It doesn't seem like a simple black seed in a small flower. This small black seed may be your new vitamin pill that just may save your life though. Can Nigella sativa really be the promised miracle drug that comes from Mother Nature?

This may be the very first time you have ever heard of Nigella sativa and its many treatments of disease, including cancer. But I guarantee you that this will not be the last time you ever read about this prophetic medicine called Nigella sativa. This very inexpensive seed just may change your entire life and your future.

My journey to this seed and its miraculous wonders began many years ago. My husband and I migrated to Jordan to take care of his ill father. When we came here there was no work available for my husband, so we became very poor. Poor people cannot afford to go to the doctor and they cannot afford expensive pharmacy drugs.

This lack of money was probably the best thing that ever happened to me. Being poor forced me to live off the land and treat myself as the locals did. The majority of Jordanians are very poor and they are forced to look to the olden days and how the prophets treated their illnesses.

I was sick a lot and when I started checking with the locals as to what they took to get well, one answer always came up and that was "Gizhah," (Arabic for Nigella Sativa). You can buy 1/2 pound of the seeds here for around 50 cents. So the price was right and easy to use. The more I studied, the more I found that this little black seed was the answer I was searching for.

I loved the taste of honey with the black seeds (Nigella Sativa) and in fact it was more like chocolate candy and taking my daily dose was enjoyable. I then started praying over the honey and black seed mixture and saw even more power in the seed. I was hooked on the wonderfulness of this cure.

My body started improving and so was my state of being. My only thought was to be well and help others, not for glory or fame. With this new found knowledge I opened a forum called Black Seed Support on Curezone.com. This was the start of a journey to wellness and a journey to financial freedom. My desire to be illness free would end with the ability to be financially free.

Black Seed - A Miracle From God

Black seed is also known as Nigella sativa, black cumin, kalonji, haba al barakah and gizhah. It has been used for over 2000 years as a relief for all disease and recently it has been studied extensively for cancer, skin disease and inflammation disorders.
Originally black seeds were used for migraines, allergies and acne disorders, but as scientist begin to realize its potential for curing cancer, the research began.

**Pancreatic Cancer Research**

In 2008 *Jefferson Kimmel Cancer Center* studied the effect of Nigella sativa on pancreatic cancer tumor cells and discovered that they were able to kill 62% of the cells. Future research by Jefferson showed that with the use of Nigella sativa, they were able to annihilate or cause cell death on 82% of tumor cells. In addition to the positive results on pancreatic cancer, they found more results worth noting. According to Hwyda Arafat, M.D., Ph.D., associate professor of Surgery at *Jefferson Medical College* of *Thomas Jefferson University*, "Nigella sativa helps treat a broad array of diseases, including some immune and inflammatory disorders. Previous studies also have shown anticancer activity in prostate and colon cancers, as well as antioxidant and anti-inflammatory effects."

The studies also showed potential positive results with prostate and colon cancers. Breast cancer has also been studied in separate research showing the ability to eradicate the cancer cells and provide chances for excellent health for many women worldwide. These results caused more and more places to research this simple black miraculous seed. The Middle East frequently studies Nigella sativa and recently they showed positive results for skin disease and gastric ulcers. In both studies, again Nigella sativa was found to be successful.

According to the researchers at *Pakistan Journal of Biological Sciences*, "The results of this study revealed that fixed oil of Nigella sativa seeds might has potent bactericidal, anti-inflammatory, immune stimulating and/or antioxidant agents that improve healing of staphylococcal-infected skin in BALB/c mice, by inhibiting pathogenic growth and expansion, reducing inflammation and prevent tissue impairment. These effects provide scientific basis for the use of Nigella sativa in traditional medicine to treat skin infections and inflammations."

In November of this year, Naheed Amir, Amina Al Dhaheri, Najla Al Jaberi, Fatma Al Marouq, Salim MA Bastaki *Department of Pharmacology and Therapeutics, Faculty of Medicine and Health Sciences, UAE University, Al Ain, United Arab Emirates*, studied the effect of Nigella sativa, onion and garlic on gastric ulcers and the results showed that Nigella sativa was just as potent as pharmaceutical medicines in the treatment of gastric ulcers. It should be noted that the researchers used raw Nigella sativa that was boiled. In closing the researchers stated, "Boiling did not affect the protective effect of Nigella
sativa on gastric ulcers," thus proving that heating the seeds does nothing to its composition.

Benefits of Nigella Sativa:

The world is simply astonished of the many benefits of Nigella sativa and the desire to find the best product grows. There are many other benefits of black cumin, such as:

- Anti-hypertensive
- Anti-Tumor
- Anti-bacteria
- Anti-histamine
- Strengthens the immune system
- Anti-inflammatory
- Promotes lactation
- Anti-parasitic

One of the best benefits of black cumin is the ability to increase immunity. If you feel tired and lethargic and want to find a quick fix, then try this very simple recipe. Take 1 teaspoon of black cumin oil and mix it with the juice of one orange. Drink this mixture 1/2 hour before breakfast and you will see your energy level return. I suggest you do this each morning to improve you immune system and find increased health. For something that is one step above this simple recipe, why not try my honey and black cumin elixir.

Ingredients:

- 1/2 kilo of honey
- 2 tablespoons of royal honey (optional)
- 4 teaspoons of black cumin oil
- 2 heaping tablespoons of ground ginger
- 1/3 to 1/2 cup chopped nuts (my favorites are almonds, walnuts, pistachios)

Directions:

Put the honey in a large bowl. If you do not have royal honey, you can use all regular RAW honey. Add in our black cumin oil and ginger and mix well. Add in the chopped nuts and stir. Pour the honey mixture into a large jar and seal. Eat 1 teaspoon of this honey mixture daily. You can eat this any time of the day.

References:

Hurairah, Maria"Everything You Ever Wanted to Know About Black Seeds,"
Amazon.com
November 11, 2011, "Comparative effect of garlic (*Allium sativum*), onion (*Allium cepa*), and black seed (*Nigella sativa*) on gastric acid secretion and gastric ulcer," United Arab Emirates University

**Note:** The author of this eBook is not a doctor or a medical practioner. She writes about her experience, documented research and personal knowledge only. If anyone has a serious illness, please check with your family physician before placing your life or the life of your loved ones in jeopardy.
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CHAPTER ONE

**What is Nigella Sativa?**

Black seeds, also known as Nigella sativa, black cumin, kalonji seeds and haba al-barakah (Arabic phrase) have been used by people for thousands of years. Some associate black caraway with black seeds and they come from two different plants. Kalonji seeds are found in India and haba al-barakah is an Arabic word and used in the Middle East mainly. Black seeds are commonly used in the kitchen also in many recipes.

Nigella sativa (black seeds), an annual flowering plant that grows to 20-30cm tall, is native to Asia and the Middle East. The flowers of this plant are very delicate and pale colored and white. The seeds are used in Middle Eastern cooking, such as in their local breads. The seeds are also used by thousands for their natural healing abilities.

Black Seed is considered to be the greatest healing herb of our time and it has been much neglected. It is being used to strengthen the immune system, fight and irradiate Prostate Cancer and other tumors, purify the blood and increase longevity. Black seed was found in King Tut's tomb, proving the value of this herb to the Kings.

Nigella sativa or black seeds is from the prophetic remedies. It was used by both Muslims and non-Muslims for thousands of years. The seeds were used by the ancient Romans in cooking and the Asian herbalist for many remedies, including migraines.

The name Nigella sativa comes from the Latin word, nigellus, meaning black. Nigella sativa is small black seeds, with a slightly rough texture and it has an oily interior.

Narrated Abu Hurairah: I heard Allah's Apostle saying "Use this Black seed; it has a cure for every disease except death." (Hadith of the Prophet from Sahih Bukhari)

**Prophecy of the Black Seeds**

Prophet Mohammad was quoted as saying, "There is healing in Black Seed for all diseases except death." It is also believed that honey was part of the blessed seed treatment. It was part of the tradition to put some honey and ground whole black seeds in the palm of your right hand and lick it up with your tongue. In the days of Prophet Mohammad there was no black seed oil.

**Black Seed Oil Treasured by King Tut**

Black seed oil was found in the tomb of King Tut proving that the important kings found value in this seed. It was a sign also that of all the gold and diamonds he possessed, black
seed oil was part of what he chose to take to the next life. The black seeds were found in his tomb also.

**History of Nigella Sativa**

To understand the history of Nigella sativa you need to know more of what has happened in the past. Black seeds can be traced back to over 3000 years.

Black seed has been used extensively as an herbal remedy and as a food condiment for thousands of years. It has an abundance of names and is most commonly referred to as black seed or black cumin seed in Western countries.

**Mentioned in the Bible**

Nigella sativa was referenced in the book of Isaiah of the Old Testament. It was called "ketzah." Ketzah was used for cooking and for a spice. Ketzah is a Hebrew word for black cumin or Nigella sativa. Isaiah compares the reaping of black cumin with wheat. "For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod." (Isaiah 28:25, 27 NKJV).

**Recommended by the Prophet Muhammad (Peace be Upon Him)**

Prophet Mohammad (peace be upon him) stated, "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates that one should take the remedy daily and take it often and regularly.

**Assyrian Herbal Book**

An Assyrian herbal book explains black cumin seed as a remedy internally for stomach problems and externally for ears, eyes, mouth and many skin problems, such as itching, rashes and sores. Nigella sativa was also used for herpes.

**King Tut's Tomb**

The black cumin oil and seeds were found in King Tut's tomb proving how valuable it was. The honey and seeds were also found in the tomb indicating that this was a prescribed way he took this miraculous medicine. Cleopatra was also known to use the oil for her beauty and her health. Queen Nefertiti who was admired for her beauty, also used the black seed oil. Doctors and the Pharaohs used the black seed oil and the seeds to treat people with such ailments as: colds, headaches, digestive problems and allergies.

**Used by all Naturopathic Masters**
The blessed seed Nigella sativa was also used by Hippocrates in the 5th century B.C. He claimed that Nigella sativa was a valuable remedy in hepatic and digestive disorders. Pliny, the elder, used the seeds in the first century extensively and wrote in his "Naturalis Historia" (Natural History) about Nigella sativa and referred to it as “Git”.

Pliny used its remedy for scorpion stings and snake bites, callosities, tumors, abscesses and skin rashes (eczema). Due to its anti-inflammatory qualities, the seeds were used for head injuries.

Greek physician Dioscorides used the blessed seeds for a variety of ailments to include: intestinal worms, headaches, toothaches and nasal congestion. The seeds were also used as a diuretic, to increase milk production and to promote menstruation in women.

**Appreciated in Ayurveda**

Black cumin or Nigella sativa was appreciated for its many qualities and bitter, warming stimulant nature. In tradition and typology of the 3 doshas, black cumin reduces vata and kapha and increases pitta.

Black cumin was used for a wide variety of complaints, such as anorexia, certain disorders of the nervous system, discharge and venereal disease.

**Nigella Sativa Used in Orient**

Nigella sativa was used in the orient for stomach problems, diarrhea, flatulence, constipations, jaundice, dandruff, hair loss, skin care, congestion, dementia, infections, worms, menstrual problems and bronchial disorders.

In the 16th to 18th century the German Medical Encyclopedias, Hieronymus Boch, "New Kreutterbuch 1539 and Jacobus Theodorus Tabernaemontanus, and "The new Complete Herbal Book," all gave great respect to Nigella sativa.

The oil was used traditionally as others did, but now it was being used on dogs, cats and horses.

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**How Nigella Sativa Works**

We have talked about the history, the research, faith healing and more, but now we want to give specifics about black seeds mechanisms of actions which include:

- Anti-Tumor
- Anti-bacterial
- Anti-histamine
- Strengthens the immune system
- Anti-inflammatory
- Promotes lactation

By using Nigella sativa you now know how powerful it is and thus can avoid many pharmacy medicines. Compare the cost of Nigella sativa oil with what pharmacies charge for their medicines. Besides the cost involved remember the damage that the chemicals due on the body itself.

Again let me state that in some cases black seeds should be used in conjunction with other remedies. I had a pulled sciatica nerve and the pain was so bad I could not get out of bed. I took some doctor prescribed medicine to help me walk. Once the nerve was relaxed more, I took black seed oil and grape seeds. I now do not suffer with this debilitating condition because I took Nigella sativa to prevent further attacks. (anti-inflammatory).

**Benefits of Nigella Sativa (black seeds)**

Throughout this eBook you will see the many benefits of Nigella sativa and how it benefits you with treatments and cures. I caution many on cures by Nigella sativa. You can be treated for a disease and yet not be well enough to forget the disease.

Many cancers will return in 5 years. Why? Because many will resort back to their old lifestyles of abuse and mismanagement of the body they were given. You will swear on your dead mother's grave if God saves you from cancer that you will never eat sugar and ice cream again. As soon as the cancer is cured and you are doing well again, you say to yourself, "One little cup will not harm anyone." I know this feeling well.

Also the many benefits of Nigella sativa are not all listed here, but many more will be listed in the dosage section. I also believe that the study of Nigella sativa has only began
and in years to come you will see more and more benefits discovered. Here are a few to consider:

• Breast feeding (increase the flow of breast milk)
• Cancer
• Common cold symptoms and flu
• Diabetes
• Diarrhea
• Dry Cough
• Eye disease & impaired vision
• Gall stones & kidney stones
• Hypertension
• Heart complaints & Constriction of Veins
• Headache and Ear ache
• Loss of Hair & premature Graying.
• Vomiting
• Worms
• Toothache

Black Seed Oil and Pancreatic Cancer

One of the most exciting discovering concerning black seed oil is the research on how Nigella sativa (black seeds) has been successful in the treatment of Pancreatic cancer. Pancreatic cancer is one of the hardest cancers to cure and these miraculous seeds have been successful in creating cell death or apoptosis. Pancreatic cancer is what killed Patrick Swayze who chose to go the traditional route of chemotherapy and drugs. Pancreatic cancer is the 4th leading cancer in America.

Black seeds contain over 100 chemical compounds and some of the ingredients are yet to be discovered and identified. The main active ingredient in black seeds is crystalline nigellone. The seeds also contain beta sitosterol, thymoquinone, myristic acid, palmitic acid, stearic acid, palmitoleic acid, oleic acid, linoleic acid, arachidonic acid, proteins and vitamins B1, B2 and B3. They also contain calcium, folic acid, iron, copper, zinc and phosphorous. An all around multiple vitamin in these tiny black seeds.

Fatty Acid Analysis of the Extracted Oil:

• 56% linoleic acid,
• 24.6% oleic acid,
• 12% palmitic acid,
• 3% stearic acid,
• 2.5% eicosadienoic acid,
• 0.7% linolenic acid,
• 0.16% myristic acid.

**Thymoquinone**

Thymoquinone is an antioxidant and is derived from the medical plant Nigella sativa. This medical plant has been used for over 2000 years for a number of purposes including the eradication of most cancers. Thymoquinone inhibits the formation of undesirable prostaglandins, is anti-inflammatory, anti-bacterial and has a pain killing effect. It has a choleretic effect (stimulates the production of bile) and is good for fat metabolism, deworming and detoxification.

**Nigellon**

The active ingredient in Nigella sativa is nigellon. Its purpose is to support the immune and respiratory functions, such as in the treatment of asthma, whooping cough and respiratory disorders. Nigellon also has anti-histamine properties as compared to thymoquinone.

The Black Seed is also a source of iron, calcium, sodium, and potassium. The body only requires a small amount of these nutrients to function correctly and efficiently. Taking large quantities of black seed is not necessary.
CHAPTER FOUR

**Dosage Requirements**

A few things to keep in mind. Using more black seed does not heal the person faster. Beware of companies selling black cumin (Nigella sativa) that suggest you take large amounts. Also remember if you are using the whole seeds, they need to be heated first.

**Baldness**

Rub the oil on the spots of baldness.

**Beard Growth**

Massage the oil into the beard reaching all the roots.

**Bee and Wasp Stings**

Boil some ground black seed and water and apply to the stings.

**Cancers and Tumors**

Take 1 teaspoon of the oil mixed with 1 teaspoon of raw honey three times a day. This mixture should be taken one/half hour before breakfast and before sleeping at night. Also take 4-5 cloves of garlic daily or 1 teaspoon of dried garlic powder mixed with honey.

**Cardiovascular Problems**

Take 1/2 teaspoon of the oil mixed with hot water daily. Drink this first thing in the morning.

**Complexion**

Mix black seeds and olive oil and clean the face with this mixture. This will redden the complexion. Rinse the face well after one hour.

**Cystic Fibrosis**

Massage the chest with the black seed oil. Drink 1 teaspoon of the oil mixed with honey, three times a day.

**Diabetes**

Use the black seed oil mixed with raw honey twice a day. A change in diet is a must with little carbohydrates and no sugar.
**Diarrhea**

Mix 1 teaspoon of the black seed oil with a cup of yogurt and drink twice a day.

**Dry Cough**

1/2 teaspoon of the oil mixed with coffee twice a day. Rub the oil on your back and chest.

**Earache**

Take 1 teaspoon of the black seeds that have been heated and smashed. Add a few drops of olive oil to the black seeds and mix well. Place 7 drops into a syringe and place in the ear morning and evening until well.

**Eye Disease and Impaired Vision**

Rub the eyelids and the sides of the eye orbits half an hour before going to bed with black seed oil. Drink 1/2 tablespoon of the black seed oil with a cup of carrot juice daily.

**Facial Paralysis**

Place 1 teaspoon of the oil in a liter of boiling water and inhale the fumes.

**Flu and Colds**

Take 1 teaspoon of black seed oil with honey in the morning before eating. Also, place a few drops in each nostril for nasal congestion.

**Gallstones and Liver Stones**

Place a large spoon of black seeds mixed with honey in a glass, add in some hot water. Finally add in 1 teaspoon of oil. Drink this mixture daily, first thing in the morning.

**Gas**

Take 1 teaspoon of the black seeds mixed with 1 teaspoon of honey before breakfast.

**Hemorrhoids**

Take some black seeds and water and drink.

**General Health and Well Being**

Take 1 spoon of honey and 1 spoon of black seeds mixed every day or 1/2 spoon of the oil mixed with honey before your breakfast.

**Hair Loss and Premature Graying**
Wash your hair and then apply liberal amounts of olive oil and black seed oil mixed together. Wait one hour and rinse.

**Headaches and Migraines**

Take the black seed oil and rub on the temples. Place a few drops in the nostrils and also place some oil on top of the head. Eat some black seeds and honey, two times a day.

**Hypertension or High Blood Pressure**

Take 1/2 teaspoon of the oil each day mixed in some hot water. Eat plenty of garlic and get lots of sunshine.

**Immune System**

Take 1 teaspoon of the black seed oil two times a day.

**Increase the Flow of Milk in Breast Feeding**

Mix 2 tablespoons of ground black seeds and 2 tablespoons of honey together. Add in 1/2 teaspoon of the black seed oil and eat this daily.

**Memory**

Take 1/2 teaspoon of black seed and 1/2 teaspoon of honey three times a day.

**Moles**

Apply a mixture of black seeds and water and apply to the mole.

**Mosquitoes and Bugs**

Burn some black seed oil in an incense burner and drive the bugs away.

**Mouth Infection Virus**

Place some black seeds in your mouth and leave for 10-15 minutes.

**Muscular Dystrophy**

Take 1 spoon of black seeds mixed with honey, three times a day. Eat as many raisins as possible. Eat a soup of Morrow (soup bones) every day.

**Nose and Throat Inflammation**

Take 1/2 teaspoon of the oil with some lemon juice. Make a vapor with some oil and hot water and inhale the fumes.
Rheumatic and Back Pain

Heat some of the black seed oil and rub on the area of pain. Eat some black seeds and honey daily.

Stomach Pain

Take 1 big spoon of black seeds mixed with honey. Drink some peppermint tea, and then drink the water of boiled rice if hungry.

Toothache and Gum infections

Place some black seeds in a cup of vinegar and bring to boil. When the vinegar has cooled to a warm touch, rinse the mouth with this mixture.

Vomiting

Mix 1/2 teaspoon of ginger juice mixed with 1/2 teaspoon of black seed oil.

Worms

Heat 2 teaspoons of black seeds with 1/2 cup of vinegar. Heat this mixture and then with a brush, brush the mixture on the stomach and liver area. Do this before you are about to sleep. Do not wipe this mixture off.

Before sleeping eat 7 dates to get rid of Ascaris worms.
**Precautions and Warnings About Black Seeds**

Black seed, also known as Nigella sativa and black cumin, has been called the "Blessed Seed" for its miraculous abilities against disease. The black seed has been called the greatest healing herb of all times by many doctors as it heals all diseases including cancers, diabetes, immune problems, eliminating the flu and colds, acne, muscular dystrophy, back aches, skin and stomach disorders and it increases longevity.

As with the flu remedy, the recommended dosage includes the use of garlic and olive leaf. Some dosage requirements suggest one teaspoon of oil compared to eating the regular seeds. Please note that the seeds are the Prophetic medicine, not the oils. The oils were not available 2000 years ago. So when Prophet Mohammad stated, "Use this seed often, as it is a cure for all except death." He meant seeds and not the oils.

The oils are concentrated and more and more people prefer the convenience of the oils, but they must be taken differently than the seeds. Black Seed although miraculous, with its many health benefits, still must have some precautions stated.

**Side Effects of Black Seeds**

There are no known side effects of this miraculous herb, but it is better to take caution here. Black seed has been reported to be toxic in the amount of 25 grams or more. But who in the world would take that amount? The maximum dosage for any cure is 3 teaspoons per day. Some sites are telling people to take a large amount of the oil, to sell more products. Follow the suggested dosage requirements, and see that more is not necessary and more does not heal quicker.

**Warnings of Black Seeds**

Never take the oil on a full stomach. It needs to be mixed with another liquid such as juice, yogurt or honey and taken 1/2 hour before the meal. If taking the oil twice in a day, then the oil should be mixed with honey or juice and taken before bedtime and before breakfast.

If taking the seeds, they must be heated. Never take the seeds that have not been heated as they will upset the stomach.

**Precautions for the Use of Black Seeds**

1. It is not suggested for pregnant women to take black seeds.
2. If the patient has a major disease, they need to be monitored by a doctor as black seeds will cause your blood pressure to drop.

3. Never mix black seeds with pharmaceutical medicines. Some sites are stating the opposite, but it is not a Prophetic medicine when the "Blessed Seed" is mixed with another ingredient not prescribed by Prophet Mohammad.

4. This treatment only works with faith and sincerity. Not believing in the cure is the same as not having a cure at all.

   Black seed or Nigella sativa is a treatment for many illnesses, but only when the person follows the exact directions. No treatment will work with trying to combine it with other protocols. Look for the best quality seeds and prepare them as suggested.
**Places to Purchase Black Seed Oil and Seed**

As a note to my customers who purchased my eBook, some of the following companies I have affiliation with. I cannot guarantee the quality or service of the following companies, but they all meet my search standards that I desired.

All My Recommendations are on this page:

http://www.nigella-sativa.com/

Mountain Rose Herbs: Top rated seeds - check for oil availability. A 5 star company.


Amazon.com - Amazing Herbs Black Seed Oil - My Second Choice

Black Seed Oil

Amazon.com - Whole Black Cumin Seeds and Cookbooks

Whole Black Cumin Seeds

Located in Pakistan, Oil is very good.

http://www.hemanitrading.ae/index.php

Never Purchase from The Kitchen Doctor or Sweet Sunnah

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Resources:

- http://www.theepicentre.com
- The Muslim Woman.com
- http://www.suite101.com/content/the-healing-benefits-of-nigella-sativa-a143936
- http://www.suite101.com/content/dosage-requirements-for-black-seed-part-i-a150794
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