

**EVERYTHING
YOU EVER WANTED
TO KNOW ABOUT
BLACK
SEEDS**



A Cure For All Disease
Except Death

Everything You Would Ever Want to Know About Black Seeds

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

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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. 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 Hwya 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 Marzouqi, 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 your 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:

Mariam A. Abu- Al-Basal , 2011. Influence of *Nigella sativa* Fixed Oil on Some Blood Parameters and Histopathology of Skin in Staphylococcal-Infected BALB/c Mice. [*Pakistan Journal of Biological Sciences*,14: 1038-1046.](#)

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 practitioner. 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.

[PLEASE READ MY OTHER EBOOKS HERE](#)

CANCER'S WORSE ENEMY

STEP-BY-STEP GUIDELINE TO THE BLACK CUMIN
CANCER PROTOCOL

HOW TO CURE CANCER ISLAMICALLY

DR. SEBI CANCER CURE

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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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CHAPTER TWO

****Faith Healing and Spirituality Healing**

Note: This is a religious backed philosophy. For those who do not care to know the religious side of Nigella sativa they may skip this page and read further on the research of this seed.

All medicine and its core are based on faith healing. If you go to the doctor, you believe that his injection, medicine or advice will heal you and that is what faith is all about. Islamic medicine is based on the same principals. Belief that Allah (God) has sent down this miracle cure (Nigella sativa) and that through faith and prayer you will be healed.

To understand more about non-Islamic faith healing or healing through faith in God and prayer, read this: [Spirituality and Cancer Healing](#).

So before learning more about Nigella sativa (black cumin) you will need to understand more about Islam and how we received the revelation that it cures all disease except death. Also try to understand our second principal in Islam and that is that sickness brings relief from sin and the second cause of illness is by living an unhealthy lifestyle.

Allah gave us black seed to save us from death and through my belief in his mercy and forgiveness I am healed. I do not believe in doctors or pharmacy medicines, except in extreme circumstances. I believe that Allah will heal me and thus I take Nigella sativa every day.

I have been extremely sick in the past with many illnesses starting with Epstein Barr that led me to have other illnesses. I have been saved every time by my belief in Allah and Gizhah as we call it (Nigella sativa). Now I also believe that through my illnesses I have learned how to heal them and can help others.

Islam also states that anyone sick may seek the guidance and the medicine of a doctor. This is not forbidden and in case of extreme emergencies this

should be done. Having faith that Allah will heal you does not mean that you lie in your death bed with agonizing pain and believe that a miracle angel will come and swoop you away on his winged horse.

Faith healing and its belief means that you have sought to follow the ways of Prophet Mohammad and his guidance and you put your trust in God for the ultimate healing. This is why it is so important to take Nigella sativa daily to improve your immune system and make your body prepared for any illness that may come your way.

I personally have seen miracles come my way and before beginning any routine I pray and ask for Allah's guidance. Each time he has shown me the correct procedure. I believe that there is a cure for any illness I had and I follow His guidance.

****Healing Yourself**

When you think of healing yourself naturally think of the dead and the very sick. Think of those who passed on and did not have the ability to know what you know today. Years ago when my sister and father died of brain cancer, I knew nothing about Nigella sativa. They like many in my family, more than 15, were at the mercy of their own doctors who filled them with chemotherapy and pharmaceutical drugs.

This is a prescription for death. I can hear the whispers now as some are healed by chemo. The news is that 1 out of 10 people are saved by chemo, but that it is indeed a death trap, in my opinion.

According to The McGill Cancer Center in Canada, 91 percent of oncologists surveyed indicated that "all chemotherapy programs are unacceptable to them and their family members." Instead of helping to treat cancer, chemotherapy destroys the only thing that even has a chance at preventing it: the immune system.

Funny how doctors are asking us to "Trust them" and yet they are referring their families to other measures when it comes to cancer. Ninety-one percent claim it is not acceptable? Well maybe they are using Nigella sativa which is acceptable.

This eBook is not about chemotherapy, it is about choice. You have the choice to be well and use a natural medicine that is proven to cure and treat many illnesses. You do not have to join the rank of those sick, diseased and dead!

****Research**

Now that you know more of the history of *Nigella sativa*, you need to learn about the research that has been done throughout the world. From the beginning *Nigella sativa* was used for headaches and simple problems, but others felt that there was more to *Nigella sativa* than was known, so the following documentation is on the research that has been conducted.

Nigella sativa was traditionally used for the promotion of good health and overall well being, but it was also being researched for many ailments, including fever, immune system, common cold, asthma, rheumatism, immune disorders, metabolic disorders, microbial infections, intestinal worms, cardiovascular complaints and headaches.

Therefore the normal or traditional uses for black seed have been the foundation for many of the studies made so far and have proven its popularity as a natural remedy for so many centuries in so many lands.

Anti-Inflammatory and Anti-Rheumatic

Drs at the King's College London, in 1995 tested black seed oil's use for rheumatism and inflammatory diseases. Their study concluded that the traditional use of *Nigella sativa* as a treatment for rheumatism and related inflammatory diseases was correct.

In 1960, Professor El-Dakhakny reported that black seed oil has an anti-inflammatory effect and that it could be useful for relieving the effects of arthritis.

In 2002, at the Alexandria Medical Faculty, Alexandria, Egypt, also studied the effectiveness of nigellone and thymoquinone whereby his research partly explained the mode of action of black seed's volatile oils in ameliorating inflammatory diseases.

Drs at the Aga Khan University Medical College, Karachi, Pakistan in 2001 investigated the uses of black seed for its bronchodilator and spasmolytic qualities.

Their studies concluded that black seed's usefulness for diarrhea and asthma in traditional medicine appeared to be based on a sound mechanistic background.

Immune System Support

Besides taking *Nigella sativa* for ailments and diseases, *Nigella sativa* is taken for prevention and for a promoter of overall good health. Drs. Ek-Kadi and Kandil at I.I.M.E.R. Panama City, Florida in 1986 investigated how *Nigella sativa* affected the immune system. They studied a group of human volunteers who were given 1 gram of *Nigella sativa* twice a day.

They stated at the end of the study that "These findings may be of great practical significance since a natural immune enhancer like the black seed could play an important role in the treatment of cancer, AIDS, and other disease conditions associated with immune deficiency states."

Then again in another study published in the Saudi Pharmaceutical Journal in 1993 by Dr. Basil Ali and his colleagues from the College of Medicine at King Faisal University.

5 Antibiotics Tested

Nigella sativa has long been touted as a natural antibiotic and in 1997 researchers at the Department of Pharmacy, University of Dhaka, Bangladesh, conducting a study in which the antibacterial activity of the volatile oil of black seed was compared with five antibiotics: ampicillin, tetracycline, cotrimoxazole, gentamicin and nalidixic acid.

The black cumin (*Nigella sativa*) oil proved to be more effective against many strains of bacteria, including those known to be highly resistant to drugs. *V. cholera*, *E. coli* (a common infectious agent found in undercooked meats), and all strains of *Shigella* spp., except *Shigella dysenteries*. Most

strains of *Shigella* have been shown to rapidly become resistant to commonly used antibiotics and chemotherapeutic agents.

AIDS

Dr. Haq in research on human volunteers at the Department of Biological and Medical Research Center in Riyadh, Saudi Arabia showed that black seed enhanced the ratio between helper T-cells and suppresser T-cells by 55% with a 30% average enhancement of the natural killer cell activity.

These results are effective enough to consider the oil being used in the treatment of AIDS and the findings of this paper caught the attention of the Archives of AIDS where they were duly published.

Analgesic (Pain)

At the King Faisal University, Saudi Arabia, in 2001 Dr Al-Ghamdi investigated black seed's anti-inflammatory, analgesic and antipyretic activities. He concluded "This study therefore, supports its use in folk medicine both as analgesic and anti-inflammatory agent and calls for further investigations to elucidate its mechanism of action."

The anti inflammatory effects were also supported by research in 2003 at the King Saud University, Saudi Arabia.

Antibiotics

In 2005 at the King Faisal University, Al-Ahsa, Saudi Arabia studied the effects of black seed in conjunction with the antibiotic oxytetracycline (OXT) in pigeons (an antibiotic commonly used to treat infections of the respiratory and urinary tracts).

They concluded the addition of black seed to the feed of pigeons could act as an immuno-protective agent when chronic administration of antibiotics is considered.

Respiratory System

Nigella sativa is commonly used in most Asian countries for the treatment of asthma. Nigellone (a carbonyl polymer of thymoquinone) has proved to be

an excellent prophylactic agent for both bronchial asthma and asthmatic bronchitis and has proved to be more effective in children than adults.

Anti-Cancer

Black seed has been treated as a serious herbal remedy for the treatment of cancer. The U.S. Food and Drug Administration (FDA) have granted 2 patents for treating cancer, preventing the side effects of anti-cancer chemotherapy, and for increasing the immune system functions in humans. U.S. Pat. No. 5,482,711 and 5,653,981.

At the Amala Cancer Research Centre, Kerala, India in 1991 studies suggested that black seed has efficacy as a chemotherapeutic agent. In other studies made it was found that black seed diminishes toxic side effects caused by several other chemotherapeutic drugs such as cisplatin and doxorubicin.

These studies promoted future studies for the now conclusive proof that *Nigella sativa* can cause Pancreatic cancer cells to be eliminated and commit suicide in essence in a majority of the cases.

Tumor Therapy

What needs to be said for all these studies to be legitimate is that *Nigella sativa* is effective on cancers in stage one and two. When the cancer is in stage three and four and has spread to the other organs, *Nigella sativa* cannot annihilate the cancer, but merely improve the immune system so the patient has a better chance of survival.

The Cancer Research Laboratory of Hilton Head Island, South Carolina, USA, in 1997 stated it had enormous success in tumor therapy without the negative side effects of common chemo-therapy using black cumin.

They found that it increased the growth rate of bone marrow cells by a staggering 250% and it inhibited tumor growth by 50%. It stimulated immune cells and raised the interferon production which protects cells from the cell destroying effect of viruses.

They confirmed the strongly anti-bacterial and anti-mycotic effects and that it has an effect in lowering the blood sugar level which is essential for the treatment of diabetes. What wonderful news for people with diabetes.

The cancer research group concluded that when a person has a healthy immune system, the cancer cells are destroyed before the cancer endangers the patient. They concluded that black seed oil is an ideal candidate for use in cancer prevention and cure and that it has remarkable promises for clinical use.

Anti-fungal; Anti bacterial (Candida)

At the Aga Khan University Medical College, Karachi, Pakistan, (2003) the anti-fungal activity of Black seed was studied to see if it was effective against Candida. Candida was injected into mice so that their spleen liver and kidneys were infected.

Black seed extract was fed to the mice which exhibited an inhibitory effect on the growth of the organism in all organs.

They concluded that the Black seed extract exhibited inhibitory effect against candidiasis and that the traditional use of the plant in fungal infections was valid.

In the Pakistan Journal of Medical Science, (2005) a paper was published where the antifungal and antibacterial effects of black seed were tested against standard and hospital strains of *Candida albicans* and *Pseudomonas aeruginosa*.

The examiners also studied and compared drugs, clotrimazole (an anti-fungal ointment used to topically treat vaginal candidiasis and Candida of the scrotum and anus.), cloxacillin (a semi-synthetic antibiotic in the same class as penicillin) and gentamicin (an antibiotic.) respectively.

The end results coincided with the first group who studied Candida that indeed black seed is a valid treatment.

Diabetes

Nigella sativa has been shown effective against diabetes 2 in many studies.

The studies against diabetes 2 are:

- In 2002 at the Gifu University, Japan, researchers concluded that black seed may be of significant value to sufferers of Diabetes 2.
- In 1991 at the Kuwait University, the same conclusion was made for diabetes 2 where the patient was not insulin dependant.
- In 2003 there were three different faculties in Van, Turkey and black seed was tested on diabetic rabbits and the results showed that the sugar level was lowered and brought back to normal.
- Again In 2004 at the Faculty of Medicine, Zonguldak Karaelmas University, Zonguldak, Turkey they studied the effects of Nigella sativa on diabetic rats. The conclusion was the same as all other tests above.

Imagine a world with no diabetes. In the US diabetes is one of the major killers of the elderly and in the Middle East 7 out of 10 people who die have side effects from diabetes. Now there is hope and treatment for diabetics everywhere.

Thrombosis - in 2001 hematological studies were made using black cumin oil at the Meiji Pharmaceutical University, Tokyo, Japan. The researchers concluded that black cumin oil was more potent than aspirin, well known as a remedy for thrombosis.

Cestodes (worms) in Children

For thousands of years black seeds have been used for the treatment of worms. At the University of Agriculture, Faisalabad, the anti-cestodal effect of black seed was studied in children who had been naturally infected. The researchers concluded that indeed black seed contained active principles effective against these worms.

In 2007, Abdulelah and Zainal-Abidin investigated the anti-malarial activities of different extracts of black seeds (Nigella. Sativa) against P.

berghei. The results indicated that *Nigella sativa* had strong biocidal effects against the parasite.

Black seed was also found to have an anathematic activity against tapeworm comparable to that of piperazine. The pure essential oil of black seed showed activity against *Monezia* in sheep comparable to niclosamide

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CHAPTER THREE

****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 discoveries 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 choleric 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.

****How to Heat the Seeds**

When you buy the ground seeds, they must be heated, as the taste is very bitter. Research showed in cancer trials that raw seeds were not viable.

Place the seeds in a stainless steel pan and place in a 150c oven or less. But no higher. Heat for 10 minutes. Leave the door closed for 1 more hour with the oven on off. Remove the pan and stir slightly.

Do the same thing again. After the second session, remove the seeds from the oven and when completely cool, grind in a coffee grinder. If you are using the seeds in honey, grind a second time to get the texture perfectly soft. Store ground seeds in the refrigerator.

****How to Mix the Seeds with the Honey**

Fill a pint jar with the ground black seeds and add in one half a jar of honey. Mix the honey and the black seeds well. Keep adding a little honey at a time until the honey and black seeds are mixed well. It needs to be a very thick consistency.

In the end add in 2 tablespoons of the best black seed oil and mix well.

The mixture will thicken more over night. It is very delicious and a sweet treat. Suggested dosage is one teaspoon a day. Do not give the honey mixture to diabetic patients.

****How to Make My Power Energy Mixture**

This is a very powerful sweet treat that will refresh your very soul and give you the energy you need to work hard and live longer. This recipe was given to me by a Sheik in Dubai, UAE who runs an herbal store. I have some every day.

- 3 cups of honey
- 2 Tablespoons of Royal Honey
- 2 Heaping Tablespoons of Ground Black Seeds (black cumin)

- 2 Heaping Tablespoons of ginger powder
- 1/3 cup of chopped nuts (any will do but I used pistachios, walnuts and almonds)

Directions:

In a medium size bowl add in the honey, black seeds and ginger. You may substitute the black cumin oil instead. If using the seeds, make sure they are heated to remove the hot taste prior to using. Mix the honey mixture well. Add in the chopped nuts and place the entire mixture in sealed jars. Take one teaspoon twice a day. Yummmmy.

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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.

KEEP IN MIND THIS IS THE BLACK SEED OIL DOSAGE, NOT A COMPLETE PROTOCOL.

TO SEE MY COMPLETE LIST OF UPDATED DOSAGES [GO HERE](#)

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 tablespoon of the oil mixed with 1 teaspoon of raw honey one time a day. Take this 1/2 hour before breakfast.

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. Take 2 teaspoons of the oil and honey daily.

Hypertension or High Blood Pressure

Take 2 teaspoon of the oil each day mixed in some honey or freshly squeezed juice.

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 marrow (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.

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CHAPTER FIVE

****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.

****Black Seed Oil Myth or Miracle?**

There will always be some who doubt the miraculous power of black seeds and will doubt that any seed is that powerful. This has to do with faith and believing in the miracle. Islam teaches its followers to believe in Allah and his mercy. As stated above, black seeds or black cumin must be taken daily as a vitamin or a pill of life. No other seed on this planet can give what this tiny black seed can and does daily.

The miracle of this blessed seed is in the belief of the treatment. Thousands use this seed with success daily, but it is necessary to take the seed on a regular basis and then when the person comes down with the disease, it is easily treated.

Anyone wanting to substitute the ground seed for the oil may do so at a ratio of 2 and 1/2 teaspoons to 1 teaspoon of the oil. The ground seeds are what were used by Prophet Mohammad

As always be careful not to take a large amount of black seeds as it may be toxic in amounts exceeding 25 grams. Follow the recommended dosage and always use the best quality seeds you can find. The most expensive, does not mean the best seeds. Nor do the cheapest seeds mean they are the worse.

Remember to take black seed everyday for well being and then if a disease strikes, a small amount of black seed will suffice.

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CHAPTER 6

****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.

Please come to my store and see all the recommendations I have. Visit <http://www.nigellasativacenter.com/store.html>

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CHAPTER SEVEN

****Additional Health Information for Your Benefit**

Causes of Illness

The root of all illness is the stomach. These words are never truer today than it was two thousand years ago. What we eat is exactly what we become. If we spent our days eating nothing but what God has provided for us in the gardens of Mother Nature, most likely we would never be sick.

Now there are some illness that are hereditary and through destiny and chance, we become ill and maybe die, but most illness is from the stomach and those illnesses can be treated naturally.

In Islam we believe that for every disease that Allah sends down, Allah also sends the cure. Finding that exact treatment is the trick though. You may wonder why I talk about religion so much in this book and the answer is simple. This blessed seed, *Nigella sativa* is a miracle sent down from Allah through Angel Gabriel and presented to Prophet Mohammad to save the world from impending doom.

So even if you are not religious and you do not believe in God, you can still be healed if you believe. Taking a medicine and not believing in the treatment is like pouring vinegar on an open sore. It will be a waste of time and money.

A Sufi Sheik named Sheik Nazim believes that illness is presented for two reasons. One is to cleanse the body of sins and the other is for physical reasons. Physical reasons are simply put, abuse of the body. If you drink Pepsi cola everyday and eat 5 chocolate candy bars, 6 bags of chips and 3 gallons of ice cream, I can guarantee you in a little while you will be sick.

Abuse of the body is the number one reason for illness. In today's world that is full of fast food and processed and packaged foods, the body will become

tired. Taking black seed oil daily and eating a diet full of junk will not save you. You must learn to take care of the body and the soul.

Sheik Nazim goes on to talk about sins. Like alcohol and smoking which are both forbidden in Islam simply because they are harmful to the body? As he states in his article, if you smoke a little, you must be punished a little. If you smoke a lot, you must be punished a lot. Now many may not believe what he says as this is a strict religious article on the many causes and treatments of illness, but in the end it just may make sense.

Sins can come in many degrees such as: backbiting, being cruel to your parents, killing, stealing, fornication and killing of innocent animals. Is he correct? Allah knows best. To read the entire article and his many natural remedies including his onion juice treatments for cancer, read [Sheik Nazim Cures](#).

We will go further into physical abuse in the following pages and show you how to cleanse your liver, your bowels and to use natural deworming to purify your body to keep it clean. There is not a person alive who does not have worms if they consume meat or veggies. Why do you think that the worms eat the body once it is dead?

Each one of us needs to clean the temple that has been gifted to us. Cancer diets include vegan and vegetarian lifestyles. Red meat and processed meats have been proven to cause cancer, so why do you consume cancer causing agents? Eat no more than a piece of red meat the size of your small fist once a week and never ever eat processed meats including, bacon, deli meats, baloney and more. Preserve your body with good things.

One cancer doctor, David Servan-Schreiber, who had brain cancer, saved himself by eating non-causing cancer foods: spinach, kale, broccoli, cauliflower, onions, garlic, ginger, blueberries, blackberries, cranberries, pomegranate juice. He suggests giving turmeric (the spice) or curcumin capsules, to drink green tea, dandelion tea, and p'au d arco tea. Have lots of green juices (made from celery, spinach, green peppers, etc with carrots for flavor). He also stated not to eat meat, dairy, sugar, or flour.

He also suggested taking flax oil as suggest by Johanna Budwig with lots of water and exercise. One of the best ways to flow lymph is with a mini-trampoline or rebounder. Read more about flowing lymph here: [Rebound on a Trampoline to flow lymph & fight disease.](#)

Check out Dr. David Servan-Schreiber on [Twitter](#).

****Deworming Natural Remedies**

When I added this section to the book I was thinking it would be two or three paragraphs with some of the traditional methods to deworm and the more I researched and found information, the more I realized this is a very complex subject. One of the scariest parts of this journey must be in realizing that we have tiny, evil like snakes in our bodies.

Yes, I said snakes. They look like tiny baby snakes in my mind and when you look at the pictures you too will say, "ooh snakes." The thought of these tiny worms eating at your body will drive you insane, especially when you think about how they may get to your brain. I did have a brain worm and it was not easy to get rid of, but with endurance and know-how he is gone. I killed the "sucker dead."

I started on my deworming rituals and he moved to my left ear. I could see the imprint of this creature lying in my left ear and I became afraid. I had heard of stories of people having worms crawl out their mouths and I did not want that. I live in Jordan and here talking about such things just is not done and if you do have worms they give you some pharmacy crap that does not work and in fact brings more worms.

When I first started talking to people about worms they considered me a quack and unclean. It was as though I had committed adultery with someone who had Leprosy. The thought was revolting and I was treated badly. The things I did were simple, but they were very effective.

1. I used black cumin oil. The worms hate that. You simply heat 1/2 cup of vinegar (any kind) with 2 teaspoons of ground black seeds (1 tsp. of oil can be substituted for the seeds). It is not necessary to heat the seeds to remove the tart taste for this routine. Bring the vinegar to a light boil and remove

from the stove. When the mixture has cooled slightly, take a pastry brush and brush on your stomach and liver area.

Do not wash the area off. Sleep in an old night shirt, as not to dirty your bed or your clothes. The mixture will soak into your body and kill the worms.

2. Eat 7 dates before sleeping for Ascaris worms. I was not sure if I had Ascaris, but I did know I had a huge problem so I ate 7 dates. Now the remedy does not tell you what kind of dates to take, whether big or large, but I did eat medium size dates.

3. I dried pomegranate shells in the sun. Now you have to chop up these shells in small pieces before drying. The skins are very thick and difficult to dry. It may take a few weeks in the sun to dry. Dry them in the shade, not in the direct sun.

After they are dry, take a hammer and chop them into fine pieces. Do not put the shells in your food processor. Why? Because they are too hard for the processor and will break the processor. How do I know? Yes I broke my very expensive Braun processor. After this, grind the powder in a coffee grinder and place them in vegetarian capsules. Take 3 each day.

4. I took an entire pumpkin (medium size) and juiced it all. You must juice the rind, seeds, pulp and all. Cut the pumpkin in small junks and then juice. You must have a strong juicer to do this. You should have 3 to 4 glasses of juice. Drink this juice within 3 hours. It will make you sick, so be prepared.

5. I ate tons of raw pumpkin seeds (shell and all).

6. I juiced whole pineapples and drank the juice. This is very good for unplugging stoppage if the worms have died and clogged the colon passage way.

7. Cabbage is also good for getting rid of worms, along with taking ground cloves in capsules before each meal.

8. Don't feed the worms. This means to avoid meat and sugar. Wash your produce very good and look for worm holes in your fruits. Ever see cherries with slits or openings? Don't eat them.

If you are going to eat meat and veggies, you are a high candidate for worms. These worming procedures must be used every few months to keep yourself clean and free. This is what I used as I was not able to order anything to come here. First they are expensive and second the custom fees here are 70%.

According to Ask Barefoot, the remedy should be taken for your entire life. So first begin with a few weeks of product and then each month you will need more. Read his website for more info on this very yucky subject.

Besides the worms listed here, some people have a round worm called ringworm. According to Alberta Online Encyclopedia, ringworm is "A highly contagious disease caused by parasitic fungi, ringworm can be transmitted by skin-to-skin contact and it manifests itself in raised, reddish, itchy patches that resemble rings." Many children will get ringworm and here is a site that has tons of info on natural remedies to get rid of ringworm.

Whatever method you use, make sure that black cumin is used in conjunction. If you have to choose just one then use black cumin oil or seeds.

****Liver Flush, Liver Cleanse & Gallbladder Flush**

There are many liver flushes and each one is good. There are some very simple cleansing ones and then there is the full Hulda Clarke one. I have never done the Hulda Clarke flush as some say they become very sick. I personally prefer the coke flush. I will give you several alternatives and then you can decide which one is best.

****Easy 7 Day Liver Flush for Cleansing Only**

- 1 glass of water
- 1 T of cold pressed olive oil
- 1 clove of garlic
- Juice of 1 grapefruit, lemon and orange

Put all in the blender and blend on high for one minute. Drink 1/2 hour before breakfast. This will not flush out stones, but will cleanse the system.

****Dr. Hardy's Easy Liver Flush**

For 2 weeks take an herbal extract made of Milk thistle Black walnut, and Hydrangea ([see herbology lesson one](#) posted on this forum for instructions on making an herbal extract) 60 drops 3 times a day.

Milk thistle heals and protects the liver.

Hydrangea help to dissolve stones.

Black Walnut kills parasites.

Next, each morning for 7 days mix 8oz of orange juice with 1 tablespoon of olive oil, 1 tablespoon of lemon juice and ¼ teaspoon of cayenne and drink it on an empty stomach. And right away drink a 10 oz glass of water.

Skip a week and repeat the entire process. There are many liver cleanses out there and all are good just pick one that sounds good to you. Here is a list that is compiled by www.curezone.com. The Hulda Clarke flush is the first one and the one with the highest success rate. The William Kelley flush uses cream in the flush and many state that the flush has not been successful, but more delicious.

****Liver Flush Recipes**

[1. "Dr. Hulda Clark's" Liver Cleanse and Gallbladder Flush Recipe](#)

[2. William Donald Kelley's Liver Flush protocol - from "One Answer to Cancer"](#)

[3. Liver Flush Protocol with Orthophosphoric Acid and apple juice](#)

[4. "Classic Coke" Liver Flush and Gallbladder Cleanse.](#)

[5. Gallstones Cleanse from "Cleansing or Surgery" book.](#)

[6. 1 pint Olive Oil Liver Cleanse Recipe- Liver Flush](#)

[7. Liver & Gallbladder Flush - 7day program](#)

[8. Recipe told by grandma Nada Old recipe - very simple](#)

[9. Coconut Oil gradual Liver Cleanse Recipe](#)

[10. Castor Oil Liver and Intestines Flush Recipe](#)

****Bowel Cleansing**

There are many bowel cleansings available, but the natural ones are the best in my opinion. Twice a year I do the watermelon cleanse and it is one of the best in my opinion. It is easy to do and cost very little. All you do is buy 3 large watermelons and eat one a day. You eat nothing but watermelon and it will cleanse you of everything. By the end of the three days you will hate watermelon though, lol.

Another easy way to cleanse your bowels is with the Dr. Johanna Budwig yogurt mix. Simply take a quart of yogurt (raw and goat is the best if available) and drain all the liquid off. You are left with a cheese and add in 2 tablespoons of freshly ground flax seeds, pinch of cayenne and enough water to make the mixture easy to stir. Add in some fruit if you like such as bananas or peaches. Make sure to drink a whole glass of water with this mixture which should be eaten twice a day.

Traditional bowel flushing is one where you eat nothing but fruits and veggies. This is basically a raw diet as you have seen on TV or the internet. One of the most powerful cleansing ways to cleanse your bowels with is by juicing. Juice veggies, such as carrots, celery, kale, dark green veggies, ginger, parsley and barley grass. A very powerful way to prevent cancer is by drinking one ounce of fresh broccoli juice daily.

You will see many references in this eBook to Dr. Dennis Hardy. He is someone I have gotten to know and respect greatly. He has a forum on Curezone called: [Ask Dr. Dennis Hardy, ND](#). He has a 3 day cleanse that is very good. The cleanse uses prune juice and then a juice of your choice. After the cleanse he suggest going on a mucus less diet to keep the body clean.

Dr. Hardy states, "Remember, there are no incurable diseases--only people who think they are incurable." This is exactly my philosophy also. As this eBook is about obtaining perfect health naturally and maintaining natural

health. Our bodies are gifts from God and we should realize that if we follow some basic tips that we can live to a ripe old age and be happy. Happiness is more than just smiles, it is a state of being where there is no pain and there is no sorrow.

To do justice to Dr. Hardy and his wonderful philosophy, I will let him describe his 3 day cleanse: [3 Day Cleanse and Mucus less Diet.](#)

****Kidney Cleansing**

Many when cleansing their body neglect the kidney cleanse. An easy kidney cleanse is again the watermelon cleanse, but this time sit in a bathtub that has warm water up to your hip. Begin eating the watermelon and continuing to empty your bladder throughout the day in the water. This cleanse takes between 20-100 kilos of watermelon to be effective.

The kidney cleanse is much the same as the bowel cleanse. Suggested cleansing is with juice fasting, raw veggie fasting and the water cure. One of the other suggested kidney cleanses is the famous lemonade diet. This diet is very simple to do also.

This is a very simple cleanse but difficult for many to maintain. Some have gone on this diet for 40 days, but a cleanse of 3 days is sufficient to start. You can learn more about the master cleanse in full here:

<http://mastercleansesecrets.com/step3.php>

To talk to those who have done the master cleanse successfully go the Master Cleanse Forum on Curezone here:

<http://curezone.com/forums/f.asp?f=478>

The MC should not be undertaken prior to reading the book [The Master Cleanser by Stanley Burroughs](#) AND all of [the FAQ's](#). In some people fasting may promote formation and/or growth of intrahepatic stones and/or gallstones. [Flush your liver before and after every fast to prevent possible problems!](#)

The other flush that is used quite often is the Dr. Schultz Kidney flush. This is a 5 day regiment using fruits and veggies. It may be hard to do the full 5 day flush for beginners, but do not give up. I was not able to complete the full 5 days on my first try, but then tried it again one month later and was successful. It is also a great way to lose weight and keep it off.

The program is here:

http://curezone.com/schulze/herbal_5day_kidney_cleanser.asp

It is important when finishing the cleanse to return to solid foods slowly. Do not start eating immediately. Start with some juice the first day and some broth. The second day add in some soup and some veggies. The third day you can add in some soft and bland foods. By following this slow progression to solid food, you will be able to maintain your weight loss.

The question must be asked if these cleanses are necessary? The question is yes if you want to be in the best shape for a long and happy life free of pain and illness. Some of the procedures are easier than others. Find the ones that work best for you.

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CHAPTER EIGHT

RECIPES

****Naan Bread With Black Cumin**

Ingredients:

- 1 tsp sugar
- 3/4 cup (210 ml) water, warm
- 1 oz (30 g) dried yeast
- 1 lb (455 g) white flour
- 1 tsp nigella seeds
- 1 tsp salt
- 6 tbsp yogurt
- 2 tbsp ghee or butter, melted
- oil to coat

Preparation:

- 1. Dissolve sugar in the warm water and sprinkle yeast on it. Leave for 15 minutes.** Make sure it froths otherwise use a new batch.
- 2. Sift flour and salt into bowl and mix in nigella seeds.** Make a depression in the flour and pour in yogurt, ghee and the yeast mixture.
- 3. Mix well and knead into a dough for about 10 minutes. form a ball.** Put a little oil in another bowl and turn the ball of dough in it until it is covered in oil.
- 4. Discard excess oil. Cover with a damp cloth and allow to double in size - about 2 hours).** Knead the ball down again and divide into 6 portions. Flatten these in turn and mould into pear shapes.
- 5. Place on a greased tray and bake for 10 -15 minutes at 450°F (230°C).** Finish under grill if necessary.

Printed with Permission from:

<http://www.theepicentre.com/Recipes/inaan.html>

****Zalabya With Black Cumin**

Ingredients:

- 4 cups flour
- 1 cup warm water
- 1 cup sesame seeds
- 1/4 cup black cumin seeds
- 1 cup olive oil for the dough
- 1 tablespoon granulated yeast
- 1/4 cup warm water for the yeast
- Salt to taste
- Olive oil for frying

Method:

- 1. Dissolve the yeast in the water.** Combine flour, sesame and black cumin seeds, olive oil, salt and water in a bowl. Mix well.
- 2. Add more water by tablespoons if needed to make a pliable dough.**
Add the dissolved yeast to the batter. Mix well.
- 3. Cover the bowl and let the dough rise for 30 minutes, or until double its original size.** Take pieces about the size of a large egg out of the dough.
- 4. Heat 1 tablespoon of olive oil in a frying pan and heat it over a medium flame.** Fry the dough, pushing it into a circle with the spatula.
- 5. When the zalabya is golden-brown on the underside, turn it over and fry till all is the same golden-brown color.** Add more olive oil as needed. Serve the zalabya hot.

Original recipe by **Ultraviolet Jordan**.

Miriam Kresh writes a food blog: www.israelikitchen.com

Permission to reprint article from: www.greenprophet.com

****Baska Bread With Nigella Sativa (Black Cumin)**

Ingredients

- 1000 grams flour (kilo)
- 1 cup corn oil
- 1 cup milk powder
- 1 cup sugar
- 2 eggs (1 to be used for egg wash)
- Warm Water
- 2 tablespoons anise seeds
- 2 tablespoons Nigella Sativa (black cumin) seeds
- 1 tablespoon fennel seeds
- 2 tablespoons sesame seeds
- 2 packages yeast
- Extra oil to brush the bread mixture with

Directions

1. On a large working surface put the flour, milk powder and sugar.

Mix the dry ingredients together.

2. In a separate small bowl add in the yeast to some lukewarm water to dissolve. Let the yeast and water set for 5 minutes.

- 3. Make a hole in the middle of the flour and add the yeast mixture, 1 egg and oil.** With a fork start mixing the flour mixture with the wet ingredients.
- 4. In a coffee grinder add in the fennel seeds and one tablespoon of the anise seeds and grind them to a powder.** Add them to a small bowl along with the black cumin seeds, sesame seeds and the other tablespoon of anise seeds.
- 5. Add the seeds to the bread and mix thoroughly.** After the bread dough is mixed together, add in some extra water to finish making the bread dough pliable.
- 6. Knead the bread for ten minutes or until the bread is very soft and pliable.** Work the dough into a ball and brush the ball with oil and cover with a bowl.
- 7. Let the bread double in size and then cut the bread into 20-24 individual loaves.** With each individual loaf, roll them out to a circle about the size of a 6 inch pita.
- 8. With each pita, brush them with oil again on both sides and let them rise on an oiled large baking sheet.** Cover the bread so they do not dry out and let rise a second time for around 45 minutes to one hour.
- 9. After the bread has risen again the second time, brush them with an egg wash.** This can be one egg beaten or one egg beaten with some water.
- 10. Bake in a preheated hot 350 degrees oven until brown on both sides.** This bread is better served hot.

****Lobia**

An Indian dish of black-eyed beans served on their own with yogurt and fresh cilantro or as a side dish for curries.

Ingredients:

- 8 oz (225g) black-eyed beans, washed and soaked overnight
- 1 yakhni spice bag

- 1 tsp salt
- 2 tbsp oil
- 1/2 onion, chopped
- 1/2 tsp cumin, ground
- 1/2 tsp garam masala
- 1/2 tsp nigella, ground
- 1/2 tsp turmeric, ground
- 9 tbsp (140 ml) yogurt
- 1 tbsp lemon juice
- 1 tbsp cilantro, chopped

Preparation:

1. Drain the beans, place in a saucepan cover with plenty of fresh water and add yakhni spices. Bring to boil, cover and simmer until tender.

Remove yakhni spices and drain.

2. Heat oil, add onion and fry until golden. Add remaining spices and fry together for a minute and then add beans, stirring until well coated with the mixture.

3. Serve accompanied by yogurt mixed with a little lemon juice and chopped cilantro.

NOTE: For those foreigners who don't know the spices in the yakhini here there are: 2 bay leaves, 5 cardamom pods, cinnamon stick 2", 5 cloves, whole, 2 tsp. coriander seeds, whole, 2 tsp. fennel seeds, 3 garlic cloves, bruised, ginger, whole 2" , 1 tsp. peppercorns

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****Halawa with Gizhah (Nigella Sativa)**

Ingredients:

- 4 cups seminola
- 1 cup ground black cumin seeds (heated)
- 1 cup sesame seeds (heated)
- 1/2 cup flour
- 1 cup corn oil
- 1 tablespoon baking powder
- 1 cup sugar 1/2 cup walnuts
- Water as needed

Directions:

- 1. Place the black cumin in a dry skillet and heat slowly, stirring often until the tart taste is bland.** Grind the seeds when cool in a coffee grinder.
- 2. Place the sesame seeds in a dry skillet and toast slightly or use toasted sesame seeds.** In a large bowl mix together the seminola, flour, sugar, baking powder, walnuts and the seeds. Add in the oil and mix well.
- 3. Slowly add in enough water to make a cake like batter (batter will be thick).** Grease a large baking tray to spread the halawa mixture on.
- 4. With a sharp knife make a diamond design on top of the cake mixture.** Bake in a preheated 375 degree oven for around 30 minutes or until done.
- 5. Remove from the oven when done to cool slightly.** Pour the atter mixture (below) all over the cake and allow to soak in. Cut and serve

Atter Recipe

- 3 cups sugar
- 1 cup water
- 1 teaspoon lemon juice
- 1/2 cup orange blossom water

Directions:

- 1. Place the water, sugar and lemon juice in a heavy bottom pan.** Heat the mixture on a medium heat and bring to boil slightly.
- 2. Allow to thicken slightly and then add in the orange blossom water.** Heat again.
- 3. Remove from the stove to cool slightly and then pour on the cake and allow to soak in.**

Courtesy of Raeda, my neighbor.

****Black Seed Tea**

A very delicious and healthy tea can be made simply by adding 1 teaspoon of ground black seeds to a cup of water. Bring to boil for one minute and remove from the stove. Strain the tea and add sugar or honey as you like.

Alternatives:

1. Add in half ginger with the black seed and sweeten with honey.
2. Add in a mint tea bag or some peppermint in a tea ball with the black seed. Season with honey.
3. After the black seed tea is prepared, use milk or cream to make it like the British do and add a dash of vanilla and some honey.
4. Use 1/2 sesame seeds and grind the black and sesame seeds together and then place in the water to boil.

Courtesy of Um Laith, my friend.

EXERPT FROM MY BLACK SEED CUISINE BOOK

Cheese and Black Seeds Roll-ups

In Jordan we have food called "grass." These are breads that have different things as fillers. We have spinach and oregano, potato with hot peppers, meat, oregano spices and we have goat cheese and oregano. This recipe I have created takes the wonderful goat cheese and mixes it with oregano and black seeds. Oregano is full of many health benefits too.

If you are in the Middle East or part of this world, then your goat cheese will come packed in jars of salty water. If you have your goat cheese soaking in salty water, you must remove the salt. There are a few ways to do that. If you are short of time, you can boil the cheese for 10 minutes, rinse the water off and put fresh water on again and boil again for 10 minutes.

If you have plenty of time then put fresh water on the cheese and let it set for 12 hours and rinse. Keep rinsing the cheese every 12 hours until the salt taste is gone. The heavy salt will ruin your recipe. If you are buying from the local grocery store or from my Amazon links then the above steps do not need to be taken.

Bread Dough Recipe

The first thing you must do is to prepare the dough for the roll-ups. I use whole wheat flour, but you can use any flour you choose.

Ingredients:

- 1 kilo of whole wheat flour
- 2 cups yogurt (I use goat, but any yogurt will do) 1/2 cup virgin olive oil
- 1 teaspoon of salt
- 1 tablespoon dry yeast Warm water as needed 1/2 teaspoon ground black cumin seeds

Directions:

1. In a food processor put in half the flour, yogurt, oil, salt, black cumin, and yeast. If you have the type of yeast that needs to be fermented then add the yeast to a 1/2 cup of warm water to dissolve.
2. Let the yeast sit for 5 minutes and then add to the flour mixture. Pulse the food processor slowly. Add in bits of flour and more warm water as needed.
3. When the flour forms a ball remove from the processor. Place in a large mixing bowl and add the remaining flour and more water if needed.
4. Take a mixer with dough hooks and kneed the bread until soft. If you do not have dough hooks, then kneed the bread for 10 minutes or until soft and pliable.
5. Form a ball and spritz with some more oil. Cover with a towel and let the dough rise double, punch down and then allow to rise again.

Cheese Mixture

Mix 1 cup of oregano with 1/4 cup of black seeds. Add in a dash of salt and set aside. Take your goat cheese (1/2 kilo or more) and cut it into chunks and place in a food processor. Add in enough oregano mixture to add flavor, but not too much. How much of the mixture is added depends on how much cheese you are using. Any cheese that is not used can be frozen and used later in any dish you are making.

Forming the Roll-Ups

Take your bread dough that has risen twice and make individual round balls around 1/2 cup size. Take a clean town and cover them so they don't dry out. You can freeze part of the bread dough and use later if you do not want to use all the dough now.

Place flour on the table and take one ball of dough and roll out into a rectangular. Make sure the bread dough is thin. In the middle and all the way

to the end put in a small line of the cheese and oregano mixture. Starting at the beginning begin to roll up and seal tight on the end. Imagine the look of a fat cigar.

Place the roll-ups on an oiled baking pan and with a fork, make a few indentions in each cheese roll up. Brush the tops of each roll up with oil. Bake them in a moderate hot 375 degree oven for 15 minutes or until brown on the bottom. Flip the rolls over and bake on the other side.

Remove from the oven when done and allowed to cool on a tray. You can leave out what you will eat right now or freeze any roll-ups for later use. A wonderful meal in itself.

Labane Cheese Balls in Olive Oil

Labane is drained yogurt. Labane cheese must be drained of all liquid (whey) and the process takes a few days. The picture at the top shows how to drain yogurt. You can put it in a bag with a drawstring and drain the yogurt or lay a cotton or linen cloth on a strainer and then pour your yogurt on the cloth.

I like to add a bit of salt to the yogurt for better taste and in this case we are going to add in some *Nigella sativa* (black seeds) to the cheese and then infuse some black seeds in the oil itself. The end result is very, very delicious appetizers that are ready to serve immediately.

You can put them in the refrigerator, but if you refrigerate olive oil it will harden. So you will have to remove it from the refrigerator and allow the oil to melt before using the cheese balls. These labane cheese balls will keep for weeks under your counter. Do not leave olive oil out to be exposed to the light because the oil will go rancid. Place them in a jar and cover tightly and place in your cabinet.

The best yogurt to make this cheese with is goat yogurt as it is very thick and contains the least liquid. If you use regular yogurt you will need twice as much. So I cannot estimate how much yogurt you need.

How to Make Labane Cheese Balls.

1. Place your yogurt on the cloth to drain. Add in a pinch of salt and some toasted black seeds. (see below).
2. Allow the yogurt to drain for at least 2 whole days or more. The cheese must be very dense in order for the balls to stay formed. Check periodically to see if the cheese is ready.
3. Take the yogurt cheese and form individual small 2 inch in diameter balls. Stack them lightly in a jar with a secure lid.
4. The jar should have been sterilized prior to use. Add in one tablespoon of toasted Nigella Sativa seeds on top of the cheese balls.
5. Drizzle cold pressed olive oil over the cheese balls until the whole jar is filled with good and pure olive oil. Seal the lid. Walah you have cheese balls in olive oil and black seeds.

How to Toast the Seeds

Toasting the seeds is imperative, because black seeds have a very tart taste and will upset your stomach if they are not toasted. Place enough seeds in a large skilled (one half cup or more) and place the fire on low. Periodically stir the seeds so they do not burn. Keep tasting the seeds to see when the tartness is gone and the seeds taste very bland. This will bring the oils out of the seeds and allow the flavors to mix well in the cheese balls and oil.

Delicious and Healthy Whole Wheat Bread

Full of Goodness and Nutrition Including Broccoli, Oregano & Yogurt



There is nothing better than the smell of homemade whole wheat bread baking in the oven. It fills the home with happy thoughts and anxious children.

This recipe takes many steps to do, but once it is perfected it will go very quickly. It is so delicious that it will be bread made weekly and the old trip to the grocery store for Wonder Bread will be a thing of the past. This recipe is made to make the body feel healthy all over and is made with things that are both nutritional and extremely delicious.

How to Make Healthy and Delicious Whole Wheat Bread

The first part that must be done is the oregano mix. This can be made in advance and stored in the cabinet for up to one year. This mixture will make enough for several recipes of bread.

Ingredients for the Oregano Mix

- 1/2 kilo of whole wheat grains 2 cups of dried oregano
- 1/2 cup of black cumin seeds
- 1/3 cup of sesame seeds (toasted)

Directions for Making the Oregano Mix

1. In a skillet place the whole wheat and lightly toast the seeds, stirring constantly. Make sure the fire is on very low heat.
2. When they are lightly toasted, remove them from the fire and grind them in a coffee grinder or blender. Do the same process with the black cumin seeds. Keep tasting the black cumin seeds until there is no bitter taste in them. Grind them in a coffee grinder also.
3. Place the oregano in the coffee grinder also and grind as with the black cumin (*Nigella sativa*) and whole wheat grains. Place all the ingredients in a large bowl and mix together. Add the sesame seeds to the mixture and store in an airtight glass container.

Broccoli Mixture for the Bread

In a food processor put one small head of broccoli (approximately 2 cups), 3 green onions and 1 ounce of goat cheese. Pulse slightly until all the ingredients are mixed together well.

Ingredients for the Whole Wheat Bread

- 1 kilo of brown flour 1 cup of oats
- 1 1/2 cups of yogurt
- 1/2 cup of virgin olive oil 3/4 cup of the oregano mix Broccoli mix from above
- 6 teaspoons of baking powder Pinch of salt
- Warm water to mix with

Directions to Make the Whole Wheat Bread With Broccoli

1. Put the flour and oats on the table and mix together. Make a hole in the center of the flour mixture and add in all the other ingredients, except the water. With a small fork start mixing the ingredients together slowly. After all the flour and wet ingredients are mixed together, manually start mixing and pressing the dough together.
2. Add enough water to make the bread into a soft pliable ball. Begin kneading the bread for at least 5-7 minutes.
3. Rub some olive oil over the top of the bread and cover with a bowl on the table. Let the bread rise for at least one hour.
4. After the bread has risen for one hour, cut the bread into 24 individual pieces and flatten the bread slightly and freeze the bread in individual packages.
5. When it is time to bake the bread, remove one or more packages from the freezer and roll the bread into flat pita style bread. It may be necessary to add more flour to make it the right consistency.
6. Preheat a very hot oven to 450 degrees and place the pita right on the hot shelf of the oven and bake. A baking pan may be used if necessary. Watch the bread as it will bake quickly. Turn the bread once in the oven.

This very nutritional and delicious bread is a little difficult to make, but will satisfy anyone on a diet for many days to come. It is very convenient to just get one package out of the freezer daily and have fresh hot bread from the oven with the meal.

Note: The items in this recipe may be interchanged or omitted as necessary.

Zatar Bread



Zatar Bread is loved here in Jordan. It is very easy to make and healthy too. You have two healthy ingredients: oregano and olive oil. You can make the zatar mixture and press it on any prepared dough mixture and this breakfast will make your entire family delighted.

Ingredients:

- 3 cups flour
- 3/4 cup yogurt
- 1/4 cup virgin olive oil Pinch salt
- 1 Tablespoon instant yeast Warm water to mix with 1 cup virgin olive oil
- 1/2 cup dried oregano
- 1 Tablespoon black cumin oil (ground seeds can be substituted) 1 Tablespoon sumac
- 1 Tablespoon sesame seeds 1 teaspoon salt

Directions:

1. Make the bread dough by placing the flour on a large working surface. Add in the yogurt, oil, yeast and salt.

2. Mix all the ingredients together and with both hands combine all the dough together. Add in enough water to make a soft pliable dough.
3. Let the dough rise for 1 hour or until double. Roll the dough out into a large circle and put in a oiled pizza pan.
4. In a separate bowl add in one cup of olive oil, black cumin oil, oregano, sumac, sesame seeds and salt. Mix well.
5. Spread the zatar mixture on top of the bread dough. Bake in a very hot 400 degree oven.
6. When the bread is done, cut into large triangle pizza type pieces and serve with Arabic coffee. This holiday bread can be served any day of the week.

Breakfast

Oatmeal with Flax and Black Cumin Oil



This is a very simple recipe that you will love. It is healthy and it is packed full of goodness. Traditionally oatmeal is used by people on a diet, but few really realize how good it is for you. With adding in the flax seeds and the black cumin, you get more of a power pack.

Make sure to buy the best quality products when making your recipes. There are many cheap quality oils on the market and they are worth "Zip!" Never

ever buy flax meal. Use good quality seeds and fresh grind them. I have a Krups coffee grinder that I have had for years and I highly recommend it. I just sent my mom one for her birthday and she is in "Pig Heaven!"

Ingredients

- 1/2 cup quick oats (Quaker is the best in my opinion) 1 1/2 cups of water
- Dash of salt
- 1 1/2 tablespoons of flax seeds, freshly ground 1/2 teaspoon of black cumin oil
- 1/2 teaspoon cinnamon 1 tablespoon of honey

Directions

1. Mix the honey and the black cumin oil together and set aside. Freshly grind the flax seeds and set aside.
2. Place the water in a pan and bring to boil along with the salt. Add in 1/2 teaspoon of cinnamon for goodness and more healing benefits. Add in the oats and cook the oats for one 45 seconds only, stirring constantly.
3. Add in the flax seeds and mix well. Cook for only 30 seconds. Pour in a bowl right away and drizzle the honey and black cumin on top.

For added flavor try topping your oatmeal with some dried cranberries or fresh berries. This breakfast can be easily served with a large glass of freshly squeezed orange juice.

****Cheese Appetizer**

Nigella sativa is a beautiful annual flower that comes back year after year in my garden from seeds fallen on the ground previous autumn... Its shape is like a 3D star and their color is blue. I buy nigella seeds at the food market and I slice cheese dip the sides in seeds and fry them in pan... mmmm!

Courtesy of Aging Tree – Curezone.com

****Cucumber Salad with Yogurt and Black Seeds**

Ingredients:

- 1 pint yogurt
- 1 large cucumber, chopped
- 1 garlic clove
- 1/2 teaspoon salt
- 1 teaspoon mint
- 1/2 teaspoon ground black seeds

Directions:

- 1 In a mortar, pound the garlic clove, salt and mint together.** Place the yogurt in a dish and mix in the cucumbers.
- 2. Add in the garlic mixture and mix well.** Check to see if the seasoning is right?
- 3. Sprinkle the entire dish with the black cumin.** Traditionally served along a rice dish.

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To see proper dosage check out <http://www.nigellasativacenter.com>

My highly recommended black seeds are Kevala seeds: <http://amzn.to/2xsqHly>

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Resources:

•<http://www.theepicentre.com>

•The Muslim Woman.com

•<http://www.sheikyasim2.com>

•"Benefits of Black Cumin," IloveIndia

•<http://www.sheiknazim2.com> " naturalmedicine.html" sheiknazim2

"Traditional Herbal Medicine Kills Pancreatic Cancer Cells, Researchers Report." (May 20, 2008) Science Daily

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