

## Black Cumin, Organic: Egypt (*Nigella sativa*)

Not to be confused with regular Cumin, the therapeutic oil is cold pressed from the seeds of the *Nigella sativa* plant. Technically the cold pressed Black Cumin is not considered an essential oil because of the fatty acids it contains. Thirty-two different fatty acids have been found in this oil. With more than one hundred active ingredients in its complex chemical structure, it has positive effects on the respiratory, circulatory, digestive, immune, and urinary systems of the body.

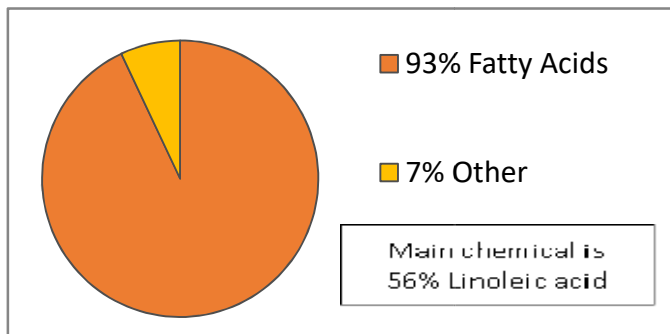
Numerous scientists have found wonderful health benefits of taking Black Cumin oil internally, but this oil normally is to be taken in greater amounts than any regular essential oil. The unique cell structure of the Black Cumin seeds, along with its high vitamin, mineral, and essential fatty acid content, show health benefits with a wide array of ailments and deficiencies.

Black Cumin has been used as a food and as a medicine for thousands of years. The seeds were found among the items in the Egyptian tomb of Tutankhamun and were to assist the pharaoh in the afterlife. It was mentioned in the Bible and in the words of the Prophet Mohammed. In Arab countries it is referred to as “the seed of blessing” and they also have a common saying that Black Cumin heals every disease except for death. (The steam distilled oil has a completely different chemical makeup.)

**Primary Usages:** Highly effective for increasing immune function, respiratory complaints (asthma, allergies, bronchial spasms, and spasmodic coughs), and digestive issues (flatulence, dyspepsia, colic, constipation, and colitis). Black Cumin has shown to be a beneficial for numerous skin conditions ranging from acne and Rosacea to psoriasis.

**Secondary Usages:** Black Cumin has been shown to assist with muscle pain, osteo-arthritis, rheumatism, accumulation of fluid or toxins, lymphatic congestion, and circulatory issues. It is beneficial against cancer, diabetes, hepatitis, hypothyroidism, migraines, normalizes menstrual cycles and testicular inflammation.

**Has Been Reported:** Useful for mumps, glandular swelling, debility, frigidity, insomnia, nervous exhaustion, tiredness, and promoting lactation.



**Descriptor:** Immunomodulatory, Antiseptic, Anti-Histamine, Anti-Tumor, Neurostimulantive, Analgesic, Expectorant

**Application:** Direct application on area. Take internally as a general health tonic

**Caution:** No special cautions.

**Found In:** Both the original and super concentrate Shiaqqa formulas.

**Influences:** Grounding

**Medicine Wheel:** Primary Center and Secondary North. Increases the Guardian Qi and Tonifies and Boosts the Lung Qi.

**Recipes:** Add to your meals to receive digestive benefits. Wonderful addition to your salad dressings and sauces. Add few drops directly on your cooked vegetables.