

DR. CASS INGRAM



Reverse heart disease, diabetes,
inflammation, digestive disorders, and more.

Plus, lose weight, and
beautify your skin and hair.

Dr. Cass Ingram

The
Black Seed
Miracle

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Chapter One

Nature's Cure-all

Make no mistake drugs are not the only category of substances that can powerfully act upon the body. In nature there are countless medicines which are highly effective in the treatment of disease. In fact, there are a wide range of natural complexes with drug-like actions. While few people realize it these natural powerhouses are capable of reversing and even curing disease usually more effectively than any known drug. This makes sense. The cures of nature are whole plants, which contain dozens and in some cases hundreds of active ingredients working in a pre-ordained balance and synergy. These complexes act far more efficiently, as well as more aggressively, than the synthetics. There are other reasons they are superior. The natural complexes are harmless, that is they are free of all serious or even deadly side effects. Further, unlike drugs the cost is affordable. One such natural complex, which is free of all noxious effects, is black seed.

Medicinal plants are considerably different than common drugs, the latter consisting largely of synthetic chemicals. Actually, there is no comparison between the

two, one being man-made, while the other is the result of a most unfathomable process. The fact is natural medicines are inventions of the almighty, all-knowing creator. It is He who in His wisdom knows precisely what humans need. This is obviously the case with black seed. In this regard the seed itself is heart-shaped, and incredibly, this organ is the main thrust of its actions. In contrast, drugs are the opposite. They don't operate in conjunction with nature and, actually, violate it through interfering with biological processes. Furthermore, chemical drugs are single substances produced often as patented medicines, while natural medicines never consist of single substances. Here, calling the natural plant substance, in this case, black seed a 'complex' is correct. This is because it consists of a wide range of active ingredients and medicinal components, in fact, dozens of them. Actually, black seed is represented by over 100 compounds; the synthetics simply cannot compare. It is so sophisticated that a number of its substances are unknown, that is they are yet to be identified or studied. As well, unlike drugs, nigella seed and its extracts have been made in advance by divine wisdom: for human benefit. In other words, *Nigella sativa* is specifically targeted for human needs; no human could duplicate this.

Yet, what is known about this spice's constituents is impressive. Such known compounds include volatile oils, fixed oils, monounsaturated fatty acids, saturated fats, pigments, and sterols. Nigella seed also contains a good amount of omega 3s, the expressed oil containing health-promoting, raw linoleic acid, along with a modest amount of gamma linolenic acid. Even so, that's not the ultimate source of its powers. Rather, it is a result of its novel compounds, rare ones not found in other seeds or oilseeds.

In addition, black seed is rich in a variety of B vitamins as well as certain minerals, notably calcium.

However, its most crucial component is a substance that is virtually unique to the plant. This is that exceedingly potent biological substance, the phenolic compound thymoquinone. It is thymoquinone which accounts for the majority of black seed's exceptionally diverse biological actions. The substance acts upon the tissues vigorously and with great specificity. In its capacity versus major diseases it is thymoquinone which makes nigella seed and its expressed oil incomparably powerful compared to all synthetics.

Yet, what is this complex, and what makes it so novel? It is a black-colored seed, and this alone makes it unique. How many other natural medicines are black in color? One of the only others is wild chaga where the outer element has this color. Black seed's rich color is a sign of its internal power, meaning that it is more correctly described as an herb or, rather, spice than just a food. As well, its expressed oil is a medicine rather than a food oil.

Ancient uses, modern confirmation

Black seed has a prolonged use in human health. As early as 3000 B.C. both the Assyrians and ancient Egyptians cultivated it, pressing the oil as both a drug and food. The Assyrian use included application on the eyes and for ear disorders as well as utilizing it as a remedy for skin conditions and intestinal or stomach complaints. A container of black seed oil was found in the tomb of King Tutankhamen, as were the seeds. In fact, black seed was used as a key ingredient in many ancient Egyptian dishes. It was also relied upon as a digestive aid after opulent feasts. Physicians of the Pharaonic Court recommended it for

headaches, colds, bronchial disorders, infections, toothaches, joint disorders, digestive complaints, and allergies. Oil of black seed was one of the secrets for the extraordinary beauty of Queen Nefertiti and also Cleopatra, who were admired for their exquisite complexions. Nefertiti was an avid user of black seed oil, applying it on her face and hair. Notes D. A. S. Hussein in her investigative report published in *NetJournals* the Queen also used it to give luster to her nails.

Hippocrates listed it as drug-like, deeming it invaluable for liver and digestive disorders, which is proven by modern studies. In the 1st Century A.D. it was also recommended by Pliny the elder in his textbook, *Naturalis Historia*, where it was described as effective against venomous bites, bulk tumors, abscesses, and skin disorders. Moreover, like the ancient Egyptians the second century physician Dioscorides recommended it for headaches, toothaches, nasal congestion, and intestinal parasites.

However, by no means did the Pharaohs or the Greeks popularize it. Rather, it was the Prophet of Islam, God's peace and blessings be upon him, who brought it to the forefront. It is to him that the world exclusively owes thanks. In his wisdom and insight he deemed black seed a universal remedy. It was at a time when knowledge of natural medicine had largely waned. He also highly recommended raw honey as a key natural medicine as well as wild oregano, which he noted, correctly, is a remedy against head colds. Even so, there were few if any natural cures that he gave such preeminence as nigella. Specifically, he proclaimed, "Make use of black seed (because) it is a cure for every disease: except death" or, alternatively, "Take this black seed, because in it is a cure for

all diseases...” No statement could be more deliberate, as well as accurate, than this. This is a profound and revealing dictum, one that surely would attract the attention of virtually all people. Who wouldn't desire to take advantage of it after hearing such words? It was his own habit to consume the seeds for various illnesses, often mixing the seeds with raw honey. It is recorded that one of his followers used the crushed seeds in olive oil intranasally to cure head congestion. At that time the pressed seed oil was rarely available. As well, the Old Testament holds it high, deeming it “curative black seed.”

Throughout the centuries Islamic sources continued to popularize it. Following the ancient Greek model Islamic physicians held it useful for conditions of both hot and cold nature. Hot conditions might be regarded as fever, sweats, flu, and diarrhea, while ‘cold’ might have meant circulatory disorders. The writer Zahbi said that black seed effectively purges obstructions in any part of the body, while also expelling gas and giving tone or strength to the stomach. If taken with comparable remedies, such as extra virgin olive oil, garlic, and onion, early investigators noted, it readily combats diarrhea and dysentery. As early as the 10th century it was also found to reverse numerous respiratory diseases, including asthma.

Simultaneously, it was reported, black seed was useful in a wide range of skin disorders. Now, it is known that this benefit may largely be related to its rich content of plant sterols and omega fatty acids as well as its content of the skin pigment, melanin. It was also determined to be effective against head pain, jaundice, paralysis, joint or muscular inflammation, poor appetite, halitosis, that is bad or foul breath, intestinal parasitism, painful or sluggish