

Black seed oil

Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

For supplements/herbs having an independent testing certification is essential. Pharmaceutical grade is the highest standard.

Black seed oil (nigella)

Black seed oil appears to work against bacterial infections topically & internally, including MRSA. It also appears to lower insomnia (stronger than anything), seizures, inflammation, diabetes, hypertension, opioid dependence, anxiety, arthritis, various infectious diseases, infertility, dyspepsia, asthma, allergic rhinitis. It may be used by over a billion people because Mohammad praised it vigorously in the Koran.

Organic black seed oil (black cumin oil) in one study increased deep sleep over 80% & REM sleep over 30%, lowers asthma, inflammation, fat, blood sugar, seizures, topically treats acne, psoriasis, eczema, wounds, hair growth, vitiligo, inflammation.

Thymoquinone-rich black cumin oil improves sleep quality, alleviates anxiety/stress on healthy subjects with sleep disturbances— A pilot polysomnography study, Syam Das S, Kannan R, Sanju George, Baby Chakrapani PS, Balu Maliakel, Sibi Ittiyavirah, Krishnakumar IM,

Journal of Herbal Medicine, Volume 32, 2022, 100507, ISSN 2210-8033, <https://doi.org/10.1016/j.hermed.2021.100507>.

[sciencedirect.com/science/article/pii/S2210803321000877](https://www.sciencedirect.com/science/article/pii/S2210803321000877)

[healthline.com/health/food-nutrition/black-seed-oil-benefits#faq](https://www.healthline.com/health/food-nutrition/black-seed-oil-benefits#faq)

Anti-inflammatory & painkiller

Black seed oil is a strong anti-inflammatory & painkiller.

Halil Ibrahim Tuna, Burcu Babadag, Ayse Ozkaraman, Guler Balci Alparslan,
Investigation of the effect of black cumin oil on pain in osteoarthritis geriatric individuals,
Complementary Therapies in Clinical Practice, Volume 31, 2018, Pages 290-294, ISSN 1744-3881,
doi.org/10.1016/j.ctcp.2018.03.013.
sciencedirect.com/science/article/pii/S1744388117302487)

A meta-analysis of *Nigella sativa* in respiratory disorders

doi.org/10.1016/B978-0-12-824462-3.00007-X

Emeka LB, Emeka PM, Khan TM. Antimicrobial activity of *Nigella sativa* L. seed oil against multi-drug resistant *Staphylococcus aureus* isolated from diabetic wounds. *Pak J Pharm Sci.* 2015 Nov;28(6):1985-90. PMID: 26639493.

Hannan A, Saleem S, Chaudhary S, Barkaat M, Arshad MU. Anti bacterial activity of Nigella sativa against clinical isolates of methicillin resistant Staphylococcus aureus. J Ayub Med Coll Abbottabad. 2008 Jul-Sep;20(3):72-4. PMID: 19610522.

https://www.researchgate.net/figure/Effect-of-Black-seed-oil-on-S-aureus-control-70-black-seed-oil_fig1_283121405

<https://www.euphoricherbals.com/en-ca/blogs/news/benefits-of-nigella-seed>

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Category

1. Uncategorized

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