Cayenne – The Ultimate Healing Spice?

Cayenne is something most of us use, or have used, when creating various recipes. However, did you know it’s also considered one of the best healing spices available?

This powerful spice has been used for more than 9,000 years as both a medicine and a food. So, what makes it such a powerful healing spice? Here, you’ll discover everything you need to know about this ultimate healing spice.

It’s great for the digestive system

One of the main benefits of cayenne is its ability to boost the digestive system. Firstly, it increases the amount of saliva produced, which is required for fast, effective digestion. It also helps to combat bad breath.

It also helps to increase enzyme production, essential in order to ensure the digestive system functions correctly. Then finally, it encourages gastric juice production, helping the body to metabolize toxins as well as food.

It can be used to treat numerous ailments

The number of ailments cayenne can be used to treat is extensive. It’s used as a natural cramp remedy, it can ease toothache, help lower a fever and relieve the symptoms of a migraine.

The spice can even be used to prevent blood clots from developing. It does this by boosting fibrinolytic activity within the body. The Capsaicin content within cayenne also helps to clear out lipid deposits which can clog up the arteries. This means it’s also capable of preventing heart attacks.

Its ability to fight off and treat so many ailments is what makes it one of the ultimate healing spices available.

It contains a staggering number of vitamins and minerals

If you look at the nutrient content of cayenne, it’s easy to see why it boasts so many health benefits. With a 44% Vitamin A content, the spice has a significant antioxidant content. It also contains 8% Vitamin E, 7% Vitamin C and 6% Vitamin B6.

Sodium, Vitamin K, Manganese and Potassium are also found in cayenne, making it a super powerful healing spice.

You can use it to detox the body

Some people choose to use cayenne to detox the body. Its ability to eliminate acids and stimulate circulation give it awesome detoxifying properties. As an additional benefit, it also boosts the metabolism, making it ideal for those looking to lose weight.

Overall, you’ll struggle to find a more powerful healing spice than cayenne. The fact it can be taken as a supplement or used in food dishes is also beneficial. If you’re looking to become generally healthier, this is one spice you’ll want to have in your pantry.