

THE ULTIMATE GUIDE TO THE MIRACULOUS BENEFITS OF BLACK CUMIN OIL



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The Ultimate Guide to the Miraculous Benefits of Black Cumin Oil

by: Andrew Von Butz

At first glance, you might mistake it for an ordinary English buttercup because of its similar appearance. But the *nigella sativa* plant—which is actually the buttercup's more colorfully diverse, healing cousin—remains one of the best kept botanical secrets of the Middle East that, chances are, is completely missing from your diet and lifestyle. Locked inside every flowering center of this attractive blooming annual are precious seeds bearing a nutritive oil so amazing that more than 1,000 peer-reviewed studies (and counting!) have contributed to the revelatory tapestry of what we now know to be its virtually limitless therapeutic potential.

This cherished elixir is commonly referred to as black cumin oil—or what you might refer to as the "lifeblood" of *nigella sativa* seeds. When the flower pods in which these seeds live reach their full maturity and open up, the initial pale color they reveal quickly darkens into a uniquely iconic shade of black. This is right about the time when *nigella sativa* seeds are ready to be harvested and pressed, releasing what you'll soon find out is one of the most powerfully restorative functional foods on the planet—and one that many people, especially in the West, have yet to even discover.

Black cumin oil: a historical treasure

Hailing from the *ranunculaceae* family of plants, *nigella sativa* bears a rich history of use in ancient medicine. Its popularity spans a multitude of cultures, religious systems, and eras, with

historical records showing that both the seeds and the oil of the precious plant have long been prized items in the Arab trade. Because of their many miraculous properties, these botanical treasures have made their way far beyond the borders of countries like Iran and Turkey where *nigella sativa* grows natively, and into whole new continents like Asia, Africa, and Europe—and perhaps most recently, North America.

The earliest known literary reference to *nigella sativa* just so happens to be in the Old Testament book of Isaiah, where it is referred to in the Hebrew tongue as "ketzah." The ancients of this early Biblical epoch are noted as having baked black cumin oil into various breads and cakes in order to procure these foods with its unique flavor and healing profile. In Isaiah 28:25,27, this biblical prophet contrasts the process of harvesting *nigella sativa* seeds (referred to in the King James Version of the Holy Bible as "cummin") to that of traditional wheat, explaining how rather than being threshed like typical grains, the seeds of *nigella sativa* were instead beaten out of the plant using a stick or rod.

In the Islamic tradition, the prophet Muhammed is credited as having defined black cumin oil as a miraculous healing panacea that he believed is fully capable of curing almost any ailment. Religious records indicate that he gave specific instruction to his followers to "hold on to the use of the black seed (black seed being another common name for black cumin), for indeed it has a remedy for every disease except death."

Though neither religion had the scientific wherewithal at the time to support such claims the way we do now, these ancients recognized from the common cultural and religious uses of black cumin oil that the substance is, indeed, something quite special. And it was only a matter of time before black cumin oil eventually made its way into Assyrian herbal literature and other early medical publications, only to continue from there earning a

formidable reputation as one of the world's most distinctive "superfoods."

What makes black cumin oil so special? A quick primer

Widely considered to be the father of modern medicine, the Greek physician Hippocrates was among the first to categorically identify black cumin oil's specific health benefits. He discovered, for instance, that taking it can help to soothe the stomach and address liver disorders. He and his fellow healers also observed that black cumin oil is effective in promoting skin health, as well as boosting immunity and normalizing inflammation levels—hence why black cumin oil was later added to the renowned German medicinal plants encyclopedias that were published between the 16th and 18th centuries.

In more modern times, peer-reviewed science has uncovered even greater details and specifics into the therapeutic efficacy of black cumin oil. We now know, for example, that *nigella sativa* seeds and their precious oil are helpful in addressing everything from nervous system disorders and gastrointestinal imbalances to respiratory ailments and even "the big C:" cancer.

In his famous work *The Canon of Medicine*, Islamic philosopher Ibn Sina further wrote about how black cumin oil can help promote purification through detoxification. He noted that black cumin oil directly contributes to improving lung function, balancing the body's immune response, and improving overall wellbeing.

All of this and more can be attributed to black cumin oil's impressive nutrient profile—perhaps the most noteworthy of which is its dense array of essential fatty acids. These include those of the polyunsaturated variety that are known to help the body produce more prostaglandin E1, a hormone-like fatty acid

that's directly associated with immune system regulation, sugar metabolism, skin health, and blood circulation. Prostaglandin E₁ is also said to play a vital role in helping to protect the mucosal lining of the stomach against damage and degradation.

What's more, protocols of medicine from both Eastern and Western traditions now recognize these and many other potential health benefits arising from the use of black cumin oil. Almost every system of medicine throughout history, in fact—from traditional Ayurveda and Unani in the Far East to contemporary integrative, homeopathic, and "alternative" medicine systems of the West—has shown an appreciation for at least something that black cumin oil has to offer in terms of functional therapeutics.

What modern science has to say about black cumin oil as a viable therapeutic

Since the gold standard of contemporary, science-based medicine is the peer-review process, you're probably curious about how black cumin oil as a therapeutic stacks up in terms of meeting the rigorous scientific standards of today. Well, you'll be pleased to know that *nigella sativa* currently ranks among the most extensively studied plant species in the world. Furthermore, it's pharmacological potential is so immensely vast that it'll likely remain the subject of intense scientific scrutiny well into the foreseeable future—not to mention the fact that science has likely only just begun to scratch the surface in uncovering everything its full potential.

Based on what we already know, though, it's safe to say that *nigella sativa* is nothing short of a "wonder" food when it comes to its ability to improve lives and support sustained wellness. There are, in fact, at least 40 different health conditions that are known to benefit from using black cumin oil—its various constituents performing more than 20 distinct pharmacological actions throughout the body.

A comprehensive review of some of the latest science on *nigella sativa* that was published in the *Asian Pacific Journal of Tropical Biomedicine* back in 2013 reveals these to include black cumin oil's effective use as a:

- Diuretic (increases urine production)
- Antihypertensive (lowers blood pressure)
- Anti-diabetic (lowers blood sugar)
- Anti-cancer
- Immunomodulatory (balances immunity)
- Analgesic (kills pain)
- Antimicrobial
- Anthelmintics (kills parasites)
- Anti-inflammatory
- Spasmolytic (relaxes muscles)
- Bronchodilator (opens air passageways)
- Gastroprotective
- Hepatoprotective (protects liver)
- Renoprotective (protects kidneys)
- Antioxidants

Other research has further identified black cumin oil as helping in these additional areas as well:

- Antibacterial
- Anti-ulcerative
- Anticholinergic (modulates nervous system)
- Antifungal
- Antiviral

- Interferon-inducing (boosts immunity)
- Leukotriene-antagonizing (supports healthy respiration)
- Tumor necrosis factor alpha-inhibiting (fights cancer)

If you were to sum it all up in one word, *energizing* would probably be the best adjective to describe black cumin oil's comprehensive mechanistic action in supporting bodily health. Islamic medicine to this very day regards it as a full-spectrum stimulant—though not in the coffee-drinking sense, but rather as a nutrient-based, metabolic motivator that helps the body to more optimally function in both an effective and efficient state.

Phytochemicals: one of the secrets behind black cumin oil's incredible efficacy

While there are a number of unique compounds locked away inside black cumin oil that contribute to its profound therapeutic efficacy, there's one compound in particular that science has pinpointed as holding exceptional promise: *thymoquinone*. Also known as TQ, this powerful substance probably has the most extensive track record of investigatory focus when it comes to scientific research: and for good reason.

Since at least the 1960s, researchers have been progressively uncovering how TQ works to scavenge and neutralize damaging free radicals that cause disease, as well as to counteract chronic inflammation and eliminate cancer cells (among other important functions). Research published in the journal *Biochemical Pharmacology*, for instance, reveals that multiple disease models show benefits from the clinical application of TQ, including in the treatment of encephalomyelitis (inflammation of the brain and spinal cord), diabetes, asthma, and carcinogenesis.

It is now becoming widely understood that inflammation is a primary factor in the formation of many chronic illnesses. And

TQ's role in address this is critical, as the substance blocks oxidative damage while preserving and supporting the function of antioxidant enzymes like catalase, glutathione peroxidase, and glutathione-S-transferase that support longevity. The anti-cancer benefits of TQ are further noteworthy, as research shows that it helps to prevent cancer cells from spreading and reproducing, as well as provokes cancer cells to "commit suicide" (apoptosis).

TQ isn't alone in this, however. There are multiple other phytochemical compounds contained in black cumin oil that contribute even further to fighting off disease. Two of these are thymol and thymohydroquinone, both of which help to enhance the healing effects of TQ (and vice versa) by creating what's known as synergy, a type of pronounced therapeutic effect that occurs when multiple "kindred" substances are in combination with one another as opposed to being by themselves.

Similar to thymoquinone, thymohydroquinone is another compound in black cumin oil that's generally regarded as one of the world's most potent natural acetylcholinesterase (AChE) inhibitors. AChE inhibitors prevent the breakdown of acetylcholine, the body's primary neurotransmitter that plays a critical role in the function of both the peripheral and central nervous systems. The body's motor neurons release acetylcholine in order to activate muscles, for instance. Acetylcholine is also required by the body and brain to support learning, attention span, arousal, motivation, and memory.

Synthesized AChE inhibitors are often prescribed to patients with serious brain conditions like dementia, as their purpose is to prevent the breakdown of chemicals that serve as brain fuel. This suggests that black cumin oil, which is naturally rich in AChE inhibiting substances, may be used as a natural alternative for addressing conditions like Alzheimer's disease, autism, schizophrenia, Parkinson's disease, myasthenia gravis (muscular

weakness), postural tachycardia syndrome (blood disorder), and various other neurodegenerative health conditions.

A third noteworthy phytochemical in black cumin oil is known as thymol, which is also found in thyme. A natural monoterpene (a type of fragrant phytochemical), thymol is a natural disinfectant that's often used in non-synthetic household cleaning products to kill bacteria and viruses without the need for harsh chemicals. It performs similar functions when consumed in black cumin oil alongside other beneficial phytochemicals, helping to eliminate harmful pathogens from the body such as tuberculosis and viral infections.

Science-based uses of black cumin oil for specific health conditions

Incorporating black cumin oil into your life can be as simple as using it like you would olive, hemp, or any other nutritive food oil. You can pour it over salad, mix it into yogurt, bake it into your favorite breads, or even just eat it by the spoonful. Topical applications of black cumin oil can similarly help to restore and moisturize skin, or nourish and thicken hair. There are also a variety of specific medical applications involving black cumin oil that have strong scientific backing, including for the following uses:

Stop superbugs in their tracks. Research out of Pakistan determined that black cumin oil is an effective remedy for Methicillin resistant *Staphylococcus aureus*, or MRSA, one of the deadliest "superbugs" in the world. Prepared extracts of black cumin oil have shown similar efficacy in eradicating another type of deadly infection known as *Helicobacter pylori*—working just as effectively as conventional triple eradication therapy.

Get rid of those nasty toxins. Scientists from Egypt found that black cumin oil functions as a powerful protector against hepato-

renal toxicity, meaning it helps the liver to rid the body of harmful chemical toxins. Measures of various oxidative stress markers both before and after black cumin oil was introduced in tests revealed that this incredible superfood helped to improve levels of toxin-eliminating enzymes while reducing others associated with disease and liver breakdown.

Keep your blood sugar in check. Type-2 diabetics can benefit from consuming black cumin oil, which was found in a Saudi Arabian study to help improve blood sugar levels in patients suffering from metabolic disorders. Taking just two grams of black cumin oil per day showed effectiveness in reducing fasting glucose levels, decreasing insulin resistance, increasing beta-cell function, and reducing glycosylated hemoglobin (HbA1c) levels.

Achieve your ideal weight. If too much fat and not enough muscle is getting you down, consider the fact that research out of Iran found that black cumin oil possesses unique anti-obesity properties. Individuals who consume it regularly may see reductions in abdominal fat, as well as a decreased risk of other obesity-related health conditions such as heart disease.

No more seizures. Individuals with epilepsy may find relief from taking black cumin oil if the results of a double-blinded crossover clinical trial, also out of Iran, are any indication. Tests on human patients revealed that black cumin oil has powerful anticonvulsant effects that can help to reduce both the frequency and intensity of seizure episodes, particularly in children.

Improve the quality of your hair and skin. Besides just adding shine to hair and glow to skin, black cumin oil offers added benefits that support the fundamental health of these two important structures of the body. Research shows that hair loss, for instance, can actually be reversed by incorporating black cumin oil into one's beauty regimen. Skin conditions may also

disappear from its use, as researchers from Iran found that black cumin oil works at least as good as the popular skin cream betamethasone (topical steroid) at decreasing the severity of hand eczema.

Breathe full and clear. Patients with asthma or other related respiratory conditions can similarly benefit from taking black cumin oil. One animal model found that thymoquinone (TQ) in the oil works better than the drug fluticasone (Flonase) at targeting both allergic reactions and asthmatic symptoms. Human trials have likewise demonstrated the ability of black cumin oil to help clear the air passageway for better breathing.

Sore throat: be gone. Acute tonsillopharyngitis and other inflammatory conditions of the throat were shown in a paper out of Indonesia to respond positively to the use of black cumin oil. This double-blind, placebo-controlled study revealed that taking just 360 milligrams of *nigella sativa* extract along with 50 milligrams of *phyllanthus niruri* (a tropical healing plant) resulted in substantial reductions in throat pain, as well as enhanced healing.

Clear out all that lung pollution. Water-based extracts of *nigella sativa* were found in yet another Iranian study to counteract the damaging effects that chemical weapons have on the lungs. While not everyone in the world is exposed to such wartime weapons, the findings extrapolate well to other forms of "lung pollution," as black seed compounds were shown to reduce chest wheezing while improving pulmonary function, all without the need for any additional drug treatments.

Kick that addiction. There's been a lot of talk recently about the opioid epidemic and the widespread problem of addiction in many parts of the world. Well, black cumin oil can help with that, too! Taking just 500 milligram increments of *nigella sativa* on a

regular basis, researchers from Pakistan have found, is highly effective in helping opioid addicts to kick the habit. Not only did black cumin oil show efficacy in minimizing withdrawal symptoms, but it also demonstrated powerful appetite-inducing effects.

What cancer? Scientists in Croatia found that multiple phytochemicals in black cumin oil, including the aforementioned TQ and thymohydroquinone, are so powerfully anti-cancer in nature that they can help reduce the number of circulating tumor cells in a patient by up to 52 percent. Another study involving rats found that *nigella sativa* extract works just as well, or even better, than the chemotherapy drug 5-fluorouracil at suppressing the growth of colon cancer cells specifically—and with no harmful side effects. These anti-tumor properties extend beyond just colon cancer to cancers of the prostate, pancreas, and lungs, yet another study found.

Choosing the best quality black cumin oil

When choosing which type of black cumin oil to purchase, it's important to pay close attention to a product's purity, processing, and packaging. You'll want to stick with cold-pressed varieties of black cumin oil that are processed without the use of heat or noxious chemicals, both of which can damage or disrupt the nutrients that naturally exist in delicate complexity and perfect balance within pure, freshly-pressed oil. This means also choosing varieties that are labeled as being 100% pure "black seed oil" or "black cumin oil," without any outside fillers or additives.

Glass bottles are better than plastic bottles when it comes to obtaining a high-quality black cumin oil, as glass tends to better preserve the oil's constituents in their most natural and richest state. Also, look for unfiltered and unrefined varieties of black cumin oil, and particularly those that indicate the oil's origin on the bottle. Black cumin oil from Turkey and Egypt tends to be

regarded as among the best in the world because the climate and soil conditions of these countries—nice warm days followed by cool nights—is ideal for growing strong and healthy *nigella sativa* plants.

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WHICH BLACK SEED OIL DO I RECOMMEND

I recommend Perfect Press Black Seed Oil. [You can purchase here.](#)

Sources include:

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