H.E.A.L. INFORMATION SHEET

Cayenne

Compiled from the writings of Dr. Christopher, with Emergency Formulas & Protocols

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Definition

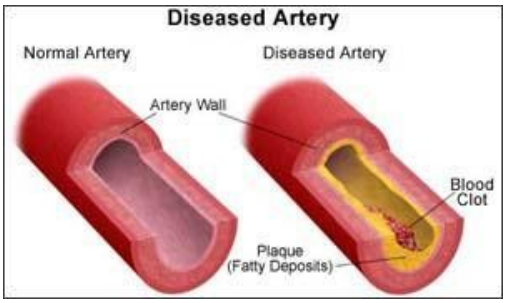
Most Certain Stimulant — And Nearly a Cure-All

One of the most important uses of Cayenne is as a circulatory stimulant, an herb that feeds the necessary elements into the cell structure of the arteries, veins, and capillaries so that they regain youthful elasticity and so that the blood pressure reduces itself to normal.

When the venous structure becomes loaded with sticky mucus, the blood cannot circulate freely, so higher pressure is needed to force the blood through. Cayenne equalizes the blood pressure, influencing the heart immediately, and then extending its effects to the venous structure. It also works to cut the mucus in the venous system, and indeed in all the systems throughout the body.



A selection of fresh cayenne peppers



A healthy artery versus a diseased artery clogged with plaque — Cayenne works to restore youthful elasticity to the venous structure.

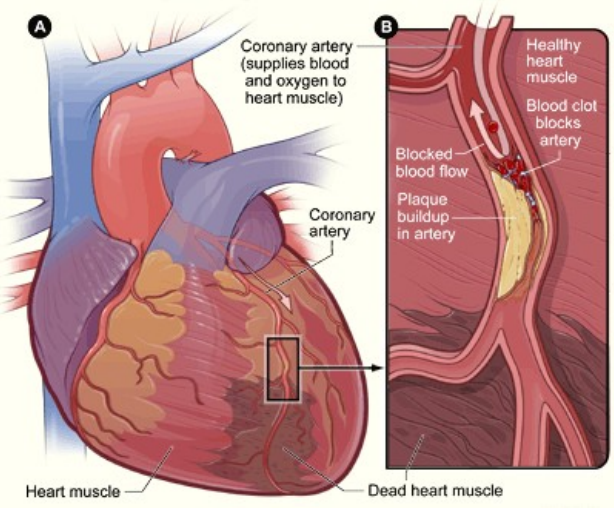
Cayenne and the Heart

Cayenne is a Certain Remedy for Heart Attack

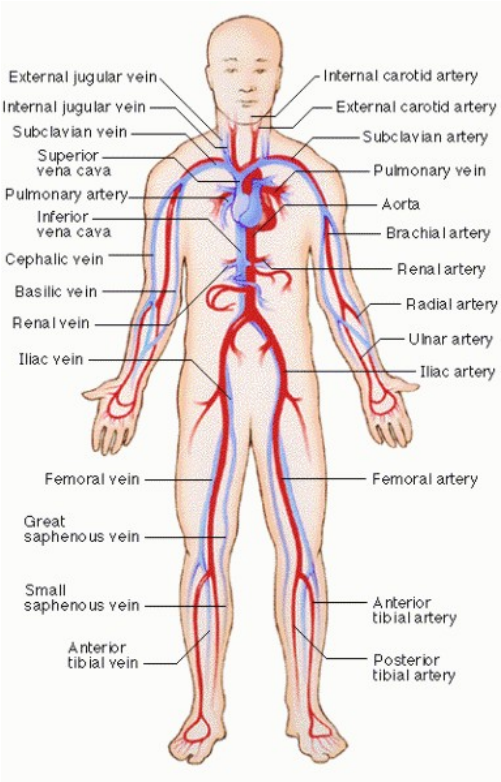
As a stimulant, it can start the heart into action again, and as it facilitates blood flow throughout the body, it will keep the heart going.

Used as a heart attack preventative, along with the mucusless diet and a healthful life-style, Cayenne can do wonders in toning and rebuilding the heart and keeping it in top condition.

As will be discussed later, Cayenne is one of the richest and most stable sources of Vitamin E, which is known to be a heart builder.



Cayenne's stimulating action reaches the full circulatory system, feeding the arteries, veins, and capillaries.

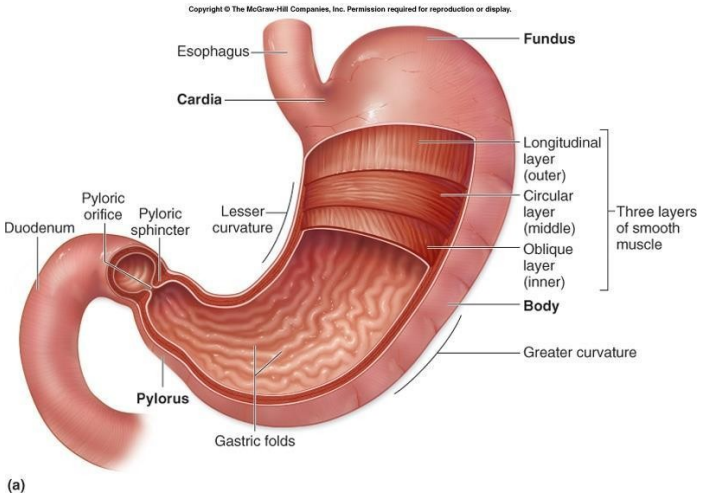


The full circulatory network Cayenne is traditionally used to support

Cayenne and Digestion

The most common medical use of Cayenne is as a gastric stimulant and digestive aid. It rebuilds the stomach tissue and stimulates peristalsis, thus assisting in assimilation and elimination.

In the West Indies, a preparation called Mandram is used for weak digestion and loss of appetite; this is made of thinly sliced, unskinned cucumbers, shallots, chives or onions, lemon or lime juice, Madeira, and a few pods of Cayenne well mashed up in the liquids. It can be used as a chutney or garnish.



Cayenne rebuilds stomach tissue and stimulates peristalsis

Cayenne as a Diaphoretic

Cayenne is used as a diaphoretic — a sweat-inducing herb — especially useful when combined with other powerful diaphoretics such as yarrow, blue vervain, and bayberry. It should be given when a chill is coming on, to offset a cold, or to help break a fever, as it sustains the portal circulation and assists in the removal of mucus, as well as inducing perspiration.



Yarrow — a traditional diaphoretic partner for Cayenne

A hot cup of Cayenne tea can help offset a chill or break a fever

First Aid for Poison



If one believes in the use of emesis to cleanse the stomach, such as the Thomsonians did, large doses of Cayenne will certainly do the job without causing any harm to the patient. If combined with an emetic, such as Lobelia, Cayenne will help the emesis continue over a longer period and prevent bruising or other discomfort. If a person swallows a noxious substance or polluted food or drink, this Lobelia-Cayenne combination will work surely to bring it up. Be sure not to induce vomiting, however, if a corrosive substance has been ingested.

Lobelia extract, Cayenne's traditional partner for emesis

Cayenne Works Powerfully to Arrest Bleeding

You can place Cayenne powder or tincture directly upon an open wound, even one that is gushing blood, and by the count of ten, the bleeding will cease.

In an external wound, even if the cut is so deep it goes to the bone, you may fill it with Cayenne pepper and the bleeding will stop and the wound will heal beautifully.

> *Personally I prefer the Liquid Cayenne because the alcohol disinfects the wound and it is not so messy.* ***—Dara Dietz***

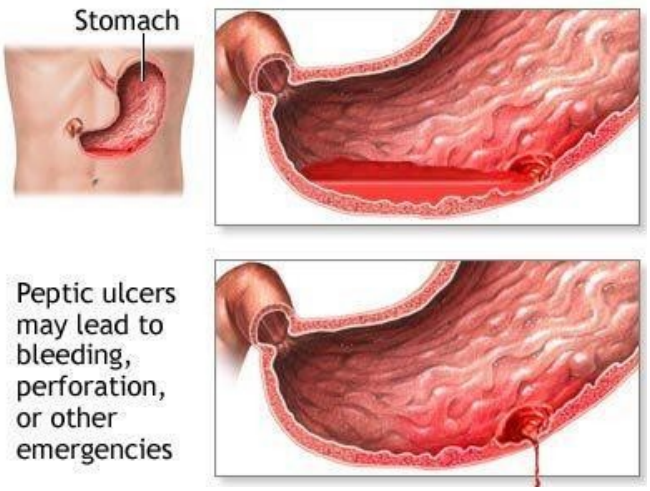


My own hand: Cayenne packed into a bleeding cut, and the bleeding stopped. —Dara Dietz

The bleeding stops very quickly, and Cayenne does not heat up on the outside of the body as long as the skin can breathe. Never use a plastic bandage over Cayenne on a cut or scrape, at any stage of healing. Use only cloth-backed bandages.

If there is internal hemorrhaging in the Lungs, Stomach, Uterus, or Nose, have the person take a teaspoonful of Cayenne in a glass of quite warm water; the blood pressure will be equalized, taking the pressure off from the affected part, clotting will begin, and the hemorrhage will stop.

For hemorrhage of the lungs, a vapor bath with warm Cayenne can do the same thing.



Internal bleeding and ulceration in the stomach — Cayenne taken internally helps equalize pressure and begin clotting

Cayenne Shortens Healing Time from a Serious Fall

A woman fell while descending stairs to the basement and struck her head on the overhang above the staircase. She fell on her elbow and hip as well, but she had hit her eye so badly that it was oozing blood down her face. She found her way upstairs, and "dumped a pile of Cayenne into her hand and pressed it against her wounded eye" (Herbalist, March 1978, p. 30). She also took Cayenne internally and applied an ice pack. By this time the bleeding had stopped, and she applied Dr. Christopher's Comfrey Poultice, made with wheat-germ oil and honey, to her eye wound and other facial wounds. When she went to the doctor, he cleaned out the wound and told her that she would bruise very badly and that, if she wished, he would re-cut the wound and stitch it, as she had passed the eight-hour limit for stitches.



She kept taking the Cayenne and rubbing wheat-germ oil and other oils and herbs on the wound. She also applied wet hot packs for the itching associated with healing. After a few days, the marks of the accident were nearly cleared up, although the doctor had predicted many days of discoloration and discomfort. This lady — who has teenage grandchildren — credits her quick healing to Cayenne.

External Uses

- Cayenne is used externally as a liniment as well, effective for wounds, bruises, scalds, burns, and sunburns, applied freely.
- You can rinse the mouth with the liniment for pyorrhea.
- It brings out toxic poisons and can be used to relieve lung congestion as well as external problems.
- It will bring relief for the sufferer of rheumatism.

You can also combine the Cayenne with other herbs, such as Golden Seal or Lobelia, to obtain their beneficial effects in the liniment. A plaster of Cayenne made with bran or hops and combined with Lobelia is valuable in pneumonia, pleurisy, and other congestions. Many famous commercial ointments sold by Rawleighs, Watkins, and others, are high in Cayenne.

A Simple Liniment

Made by simmering together:

1 tablespoonful of Cayenne in

1 pint of Apple Cider Vinegar

Bottle unstrained, while still hot.

Cayenne Is Extremely Valuable As an Emmenagogue



It will act as a carrier for uterine herbs such as Blessed Thistle, taking them directly to the uterus. (Emmenagogues are herbs which stimulate blood flow in the pelvic area and uterus.)

When expectant mothers go into labor, midwives commonly give them a drink made of Cayenne, Apple Cider Vinegar, Honey, and Warm Water. This stimulates good contractions, gives energy — and as an added benefit, circumvents any possible hemorrhage and acts as an anti-shock remedy, as labor often brings about shock.

In fact, this combination is a most efficient anti-shock remedy and should be supplied in any case of shock. Cayenne in hot water alone will also work.

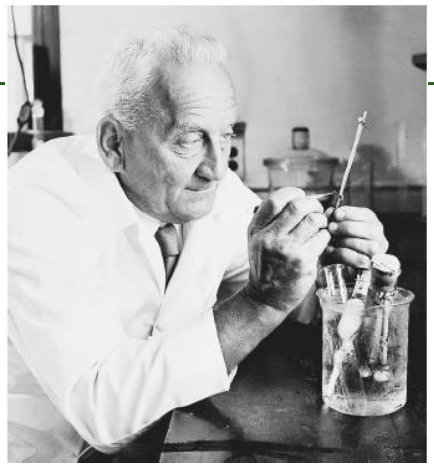
Expectant mothers have traditionally been given Cayenne, cider vinegar, honey, and warm water to ease labor

Many Uses of Cayenne

Cayenne is used as an accentuator with other herbs; it increases the value and healing properties of the herbs and carries them to the afflicted part of the body. Indeed, Cayenne affects every portion of the body through its marvelous action in the venous structure.

- It will increase a person's feeling of vitality and activity — as it is a stimulant — without any bad after-effects, such as do other stimulants. Combined with Lobelia, it is wonderful in cases of depression or low spirits.
- It relieves cramping or pain throughout the system.
- It reduces inflammation and reduces hemorrhoids, even when they are serious and painful.
- It can help cleanse the system of alcoholism and even reduce the discomfort of a hangover, or worse, the miseries of delirium tremens.

- It has been said to be a sure assist in cases of diphtheria, used internally and externally as a fomentation of the tincture.
- It has been combined with other herbs to make an excellent eyewash — though the user needs a bit of courage the first time!
- It will relieve a relaxed throat, toning it up immediately. Capsicum is an excellent antiseptic — for infectious sore throat, combine it with Slippery Elm and Lobelia. It will kill germs when applied to wounds, and can be taken to ward off diseases one has been exposed to.
- Since it works so effectively to eliminate mucus from the body, it is an excellent expectorant. Mixed with ginger, it does a wonderful job of cleaning out the bronchial tubes and sinus cavities and relieving immediately all problems of colds and congestion.
- If you soak the oil in cotton, you can apply it to an aching tooth, and the relief will last a long time.
- Sprinkle a little of the powder into your socks at night if you suffer from cold feet; your toes will be warm all night.
- Rub it on if you have a sprain or a backache.
- Drink the tea if you have problems with flatulence.
- The American Indians used to say you could get rid of a wart if you bound on a fresh pepper pod every day.



Vitamin Content & the Discovery of Vitamin C

Cayenne is rich in Vitamins C, A, B, and G. It is an excellent source of Vitamin E. In Szent-Gyorgi's Nobel Prize-winning research on Vitamin C in 1937, he had been using a substance, obtained from adrenal glands, that he suspected to be Vitamin C. When he could no longer obtain this substance, on a hunch he tried to use Paprika peppers for his work, and found them a rich source of this substance, later to be called Vitamin C. Capsicum also contains Calcium, Phosphorus, and Iron.

Szent-Gyorgi, whose Nobel Prize-winning Vitamin C research turned to Paprika peppers



Dr. Christopher's Own Story

When only a young man in his thirties, Dr. Christopher was told by the medical doctors that he could not live past his fortieth year because of arthritis, hardening of arteries, stomach ulcers, and some automobile accidents that had damaged him rather badly. He was so concerned that he started using Cayenne, working up to a teaspoon taken three times a day.

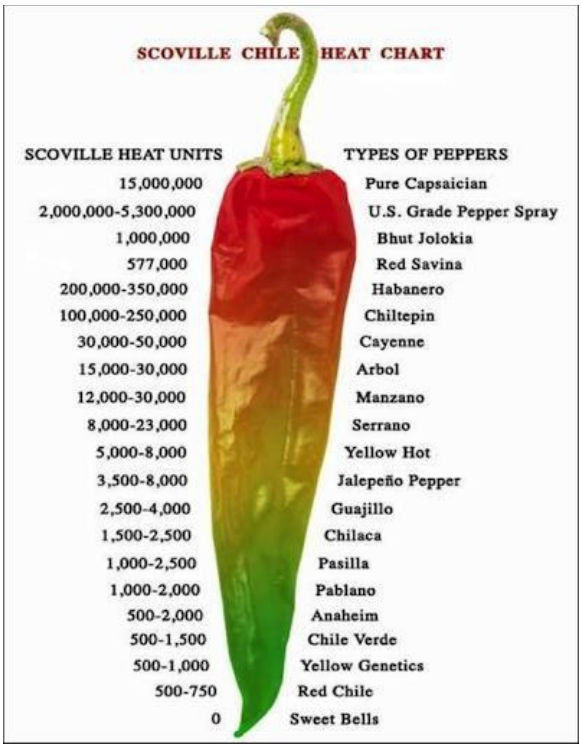
By the time he was forty-five years old, he was working in a business wherein the group wanted him to have a $100,000 insurance policy because of the importance of the business deal. Because it was such a large policy, the company required the examination to be given by two medical doctors,

each to examine twice. At the end of one of these physicals, one of the doctors said, “This is astounding! You have the venous structure of a teenage boy, at forty-five years of age!”

The other doctor kept pumping up his blood pressure equipment over and over again, repeating the blood pressure check. Dr. Christopher began to be perturbed, and asked him if the equipment was broken. “It always has worked up till now, but I keep looking at your chart, which says you are forty-five years old, and yet your systolic over your diastolic is absolutely perfect. I cannot comprehend it.” Dr. Christopher assured him that it was indeed perfect, and he attributed this clean bill of health to Cayenne.

Choosing Your Peppers — The Scoville Heat Scale

Not all cayenne peppers are equally hot, and heat matters when you're making a therapeutic tincture or emergency formula. The Scoville scale measures the concentration of capsaicin — the compound responsible for the burning sensation and much of Cayenne's stimulating, circulation-driving action. For the tincture and emergency formulas below, the hottest peppers available (habanero, African bird, serrano, jalapeño — 90,000+ heat units) are traditionally preferred.



The Scoville Heat Scale — a guide to selecting peppers hot enough for tincture-making

Fire Cayenne — Our Hottest Blend



Fire Cayenne is our own pre-blended tincture made from the hottest peppers we carry — Habanero and African Bird's Eye Peppers — combined specifically for situations calling for Cayenne's most stimulating, most circulation-driving

effect. The benefit is the same one described throughout this sheet; the difference is heat. The hotter the pepper, the more capsaicin, and the more capsaicin, the stronger the stimulating action on circulation. Use it anywhere the applications above call for Cayenne tincture, following the same dosages, whenever the situation calls for the strongest response available. It's also available as Fire Powder, for anyone who prefers to work with the dry herb.

African Bird's Eye Peppers — one of the two hottest peppers blended into Fire Cayenne

H.E.A.L. INFORMATION SHEET

Cayenne Pepper — Emergency Uses

Our No. 1 Emergency Herb

Therapeutic Action

Cayenne is a powerful stimulant which naturally increases the power of the pulse. This additional power aids in improved circulation of the blood to all parts of the system, while equalizing and restoring the balance of circulation throughout the body!

- Cayenne is a hemostat, arresting the flow of blood from a cut or wound in seconds.
- As a cardiac tonic, cayenne is a natural herbal aid in rebuilding the heart.
- As an antiseptic, cayenne is a powerful aid for killing pathogens.
- As an aid for relieving pain, it works as a counter-irritant.
- Working as a stomachic, cayenne aids in the digestion of food.
- As a carminative, it works to expel gas.

Cayenne pepper is our No. 1 emergency herb!

The Best Cayenne Pepper Tincture



Made by the following method:

1. Start to make this and any tincture, if possible, on a new moon.
2. Take a quart canning jar and fill it 1/4 full with dried cayenne peppers, getting the hottest ones (i.e., habanero, African bird, serrano, jalapeño — 90,000+ heat units) that you can obtain.
3. Add enough grain alcohol (80 proof vodka) to the cayenne peppers (powdered, using a blender or grinder) to just cover them.
4. Use enough fresh cayenne peppers that you can blend with grain alcohol to turn the mixture into an apple-sauce-like consistency.
5. Add this mixture to the 1st mixture, filling up the canning jar 3/4 full.
6. Fill up the rest of the canning jar with more grain alcohol.
7. Shake it as many times as possible during the day.
8. Let this mixture sit until the following full moon (15–16 days), but optimally until the following new moon (28–29 days)!
9. Strain this mixture through an unbleached coffee filter.
10. Bottle the resulting tincture.

Note

If you want to make a super-potent tincture, then allow the mixture to sit for a full 3 months!

Our suggestions below are for Cayenne Tincture unless otherwise noted. Cayenne powder can be substituted if the tincture is not available. Use 1 heaping tablespoon cayenne powder added to an 8 oz. glass of pure water to equal 1 teaspoon of tincture.

Applications & Dosages

Bleeding

If a person has serious external bleeding (cuts, wounds, & childbirth hemorrhage/tear), you must:

1. Liberally flush the affected area with 10–20 dropperfuls of cayenne pepper tincture immediately, or pack the area with cayenne pepper powder if the tincture is not available!
2. Give 1–3 dropperfuls of cayenne pepper tincture orally also.
3. If echinacea plus tincture is available, flush the affected area with 10–20 dropperfuls.
4. Apply pressure to a cut/wound/tear, or use arterial pressure.
5. Tape the cut/wound/tear together.
6. Apply aloe vera gel to the affected area on the following day.
7. If pain is involved, give 10–60 drops, 3–4 times daily, of equal amounts of valerian root tincture and lobelia tincture.
8. If open sores or wounds are not healing, apply slippery elm gruel over the affected area each day, until desired results are achieved.

If a person has serious internal bleeding (ulcers, hemorrhages), you must:

1. Give 1/8 tsp. of cayenne pepper tincture, 8 times per day.
2. Then work your way up to taking 1 tsp. of cayenne pepper tincture, 3 times per day.

If a woman has a heavy menstrual flow, you must:

1. Give/take 1–3 dropperfuls of cayenne pepper tincture orally.
2. If pain is involved, give 10–60 drops, 3–4 times daily, of equal amounts of valerian root tincture and lobelia tincture.

Breathing Problems

If a person has stopped breathing and is conscious, you must:

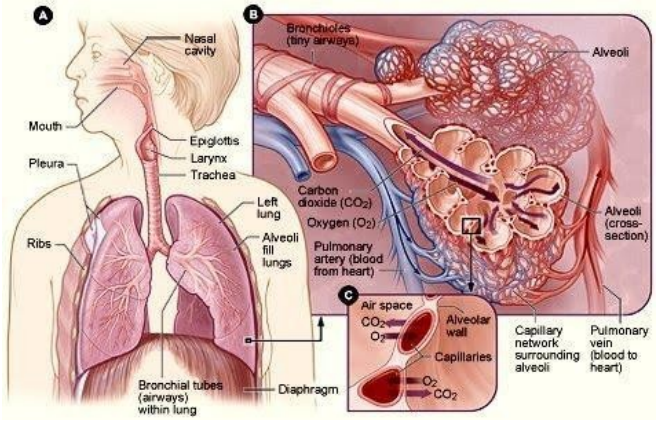
1. Immediately check airway and pulse!
2. Start mouth-to-mouth resuscitation.
3. Give 5–10 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
4. Give 2–10 dropperfuls of lobelia seed pod tincture or more, helping the person to breathe easier and relax!
5. Repeat dosages of both tinctures, alternating each every 5 minutes.

If a person has stopped breathing and is not conscious, you must:

1. Immediately check airway and pulse!
2. Start mouth-to-mouth resuscitation!
3. Give 1–2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
4. Give 1–2 dropperfuls of lobelia tincture or more, helping the person to breathe easier and relax!
5. Repeat dosages of both tinctures, alternating each every 5 minutes.

If a person has smoke inhalation and is not, or barely, conscious, you must:

1. Immediately start first-aid treatment for smoke inhalation!
2. Give 1–2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
3. Give 1–2 dropperfuls of lobelia seed pod tincture or more, helping the person to breathe easier and relax!
4. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.



The respiratory system — lobelia and cayenne tinctures together help the person breathe easier

Circulation Problems

If a person has a heart attack (angina pectoris) and is conscious, you must:

1. Immediately give 5–10 dropperfuls of cayenne pepper tincture directly into the mouth!
2. Sit/lay the person down and loosen clothing.
3. Repeat the cayenne pepper tincture dosage in 5 minutes and, if you have it,
4. Give an equal amount of the heart formula tincture.
5. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has a heart attack (angina pectoris) and is not conscious, you must:

1. Immediately give 1–3 dropperfuls of cayenne pepper tincture directly into the mouth!
2. Check pulse and breathing.
3. Immediately start C.P.R.!
4. Repeat dosage in 5 minutes and, if you have it,
5. Give an equal amount of the heart formula tincture.
6. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has a stroke and is conscious, you must:

1. Immediately give 5–10 dropperfuls directly into the mouth!
2. Sit/lay the person down and loosen clothing.
3. Repeat the cayenne pepper tincture dosage in 5 minutes and, if you have it,
4. Give an equal amount of the heart formula tincture.
5. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has a stroke and is not conscious, you must:

1. Immediately give 1–3 dropperfuls directly into the mouth!
2. Check pulse and breathing.
3. Start C.P.R.!
4. Repeat dosage in 5 minutes and,

5. Give an equal amount of HEAL's Brain Formula Tincture.
6. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

If a person has general circulation &/or blood pressure problems, they should:

1. Change the tincture formula above to 2 parts garlic, 1 part ginger root, and 1 part cayenne pepper.
2. Take 1/8 tsp., 4 times per day.
3. Work their way up to taking 1 tsp., twice per day.

If a person has heart problems, they should:

1. Change the tincture formula above to 3 parts hawthorn berry and 1 part cayenne pepper.
2. Take 1/8 tsp., 4 times per day.
3. Work their way up to taking 1 tsp., twice per day.

Drowning

If a person has drowned, you must:

1. Immediately start first-aid treatment for drowning!
2. Give 1–2 dropperfuls of cayenne pepper tincture directly into the mouth, helping the person to revive!
3. Give 1–2 dropperfuls of lobelia tincture or more, helping the person to breathe easier, open their airway, and relax!
4. Repeat dosages of both tinctures, alternating each every 5 minutes as needed.

Internal Pain

If a person has a migraine headache, you must:

1. Give 5–10 dropperfuls of cayenne pepper tincture at once!
2. Massage in HEAL's M&L Salve to relax tight neck and scalp muscles.
3. If the steps above do not work after 1/2 hour, mix an equal amount of valerian root tincture and lobelia tincture together.
4. Give 5–10 dropperfuls of this tincture blend at once!
5. Give 3–4 glasses of pure water with a pinch of sea salt in a short period of time.
6. Continue this treatment until the desired results are achieved.

Cayenne Pepper Oil

Therapeutic Action

Cayenne, acting as a counter-irritant, plus the oil as an emollient, work deep into tissue to relieve pain, swelling, and inflammation. It can also be used for stiffness in joints, tendons, ligaments, and muscles for health problems, including arthritis, bursitis, lumbago, or any muscle or bone pain.

Formula

Cayenne pepper oil is made by the following method:

1. Start to make this oil, if possible, on a new moon.
2. Place 5 tbsp. HEAL's Fire Powder into 20 oz. of raw organic jojoba oil, almond oil, or olive oil, into a glass jar with a tight lid, and shake every day.

3. Press and strain off the oil mixture through cheesecloth or cotton muslin cloth on the following full moon.
4. Bottle it.

Applications & Dosages

If a person has hemorrhoids or injured tissue, where the skin is not broken, you must:

1. Take a hot bath or shower.
2. Thoroughly rub 1 or more dropperfuls into the affected area of the skin for 15 minutes.
3. Alternate very hot, then very cold water over the affected area for 1 minute each, for 7–10 times.
4. If pain persists, give 5–60 drops, 3–4 times daily, of an equal amount of valerian root tincture and lobelia seed pod tincture.
5. Continue this treatment until the desired results are achieved.

Caution

This oil can be extremely hot on hemorrhoids, so start with a small amount and work your way up to more! Do not apply this oil on broken skin! Substitute a hot water bottle and an ice pack or ice cubes if very hot and very cold water are not available.

Cayenne Varieties

Cayenne peppers come in many colors and heat levels — the hottest varieties are traditionally favored for tincture-making and emergency use.



Green cayenne/jalapeño-type pepper



A ripe habanero-type pepper — among the hottest varieties used in tincture-making

This information is provided for educational purposes and is not intended to diagnose, treat, cure, or prevent any disease. Please consult a qualified health practitioner regarding any health concern. In a true medical emergency, call 911 or your local emergency services immediately. For more on this formula, see my blog post "When & How to Use Cayenne" at www.daradietz.me.