

# Natural Health News

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EVERGREEN SPA & WELLNESS  
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## THE BENEFITS OF BLACK SEED OIL



Sonja Jewell

NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

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Of the 630 scientific articles that have been published about black seed oil benefits, it is clear that it has amazing healing properties. With virtually no side effects and its enormous healing potential, it boggles the mind that most of us have never heard of it. The unique seed from the Southwest is recognized by many names such as black cumin, black caraway, black sesame, onion seed, and roman coriander. "Black seed" is actually more of a description than a proper name, yet is preferred because it helps to distinguish it from caraway and cumin. Many health experts claim that it is able to help cure everything from allergies to hypertension. Quite possibly, the most promising research has been done connecting *Nigella sativa* to multi-drug resistant bacteria. This is a real big deal because the so-called "superbugs" are becoming a significant public health risk. According to the National Institute of Health, strains of bacteria and viruses that are anti-microbial-resistant are becoming virtually impossible to treat; including HIV, tuberculosis, influenza, candida, and malaria. Between 5 –10% of all hospital patients develop an infection from superbugs. More than 90,000 of these patients die every year. People infected with superbugs typically have longer hospital stays, require more complicated treatment and don't recover as well. A study was conducted to determine just how potent black seed oil against some of these superbugs is and pared it against several antibiotics such as Amoxicillin and Tetracycline. According to the study, out of 144 strains tested, most of which were resistant to a number of antibiotics, 97 were inhibited by the black seed oil. Next to oil of oregano or clove oil, few things on the planet can boast this type of potency to microbes! The study uncovered that it was equally effective against multidrug resistant strains. The key to understanding why black seed oil benefits the body in this way is because it is rich in 3 key natural compounds: thymoquinone (TQ), thymohydroquinone (THQ) and thymol. In an effort to offer a solution to the growing antifungal-resistant problem people have with yeasts and molds, a recent study was conducted with the purpose of determining if black seed oil could help. Scientists tested thymol, TQ and THQ against 30 human pathogens and were surprised to discover that each compound showed 100% inhibition of the 30 pathogens evaluated. TQ was the best antifungal compound against all of the tested yeasts, followed by THQ and thymol. Thymol was the best antifungal against molds followed by TQ and THQ. What this study tells us is that black seed oil carries a very unique chemical composition that is not only effective individually, but most importantly also collectively and proves that fungus and molds cannot exist in the presence of these phytochemicals. Scientists just recently evaluated the antitumor activity of these compounds in mice and discovered that the compounds have the ability to decrease tumor cells by 52%. The liver is one of the most important organs in the body. Nearly every toxin gets processed through the liver, and the bile from the liver is the key to digesting fats and keeping your mind and body happy and healthy. For those that have struggled with poor liver function due to medication side effects, alcohol consumption, or disease, black seed oil could greatly speed the healing process. In a recent study scientists discovered that black seed oil benefits the function of the liver and helps prevent both damage and disease. Another very profound study found that black seed oil is one of the few substances on the planet that is suggested to help prevent both type 1 and type 2 diabetes.

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In fact, according to the study, black seed improves glucose tolerance as efficiently as Metformin; yet it has not shown significant adverse effects and has very low toxicity. This is huge because Metformin, one of the most commonly prescribed type 2 diabetes drugs, can cause a wide variety of side effects including: bloating, constipation/diarrhea, heartburn, headaches, metallic taste in mouth, muscle pain and stomach pain. The Journal of Diabetes and Metabolic Disorders published a study systemically reviewing the literature for plants that have anti-obesity properties and discovered that black seed oil was amongst the most effective natural remedies on the planet. Not traditionally believed to treat obesity, black seed oil is a great anti-inflammatory agent that is known to help people lose weight the same way that it helps diabetics. It helps control appetite, slows down glucose absorption in the intestines, improves liver gluconeogenesis and blood glucose levels, including cholesterol and triglycerides. Specifically, by decreasing these weight gain triggers, black seed oil has helped millions shed excess weight. Probably one of the most unique black seed oil benefits is its uncanny ability to help restore hair loss. No one quite understands why it happens, but it's not too hard to guess that it has something to do with its powerful antioxidant and antimicrobial properties. By strengthening hair follicles, there is very good reason to see how black seed oil can help promote strengthening hair roots. Black seed oil is also known to promote skin healing and protects the skin from damage. Of all the superbugs that black seed oil can kill, Methicillin resistant Staphylococcus aureus (MRSA) is one of the most important. MRSA is plaguing hospitals and nursing homes across the globe because ordinary staph infections are becoming resistant to generic antibiotics. The elderly population is especially at risk because it is generally associated with invasive procedures such as surgeries, intravenous tubing, and artificial joints. Primarily due to weakened immunity, the growing population of senior citizens has made MRSA a global public health risk. Thankfully, one of the strongest black seed oil benefits comes to the rescue. Scientists took several strains of MRSA and discovered that each one was sensitive to black seed oil, proving that it can help slow down or stop MRSA from spreading out of control. With all of these health benefits, I cannot think of one reason why everyone on the planet should not have black seed oil in their medicine cabinets. Especially with cooler weather just around the corner you may want to get ready to boost your immune system. Black seed oil has also been found to be beneficial for the treatment of Alzheimer's, dementia, neurodegenerative conditions, schizophrenia, Parkinson's disease, autism, glaucoma, Myasthenia gravis, and many other health conditions. You can find a variety of black seed oil supplements both in liquid form and capsules at the Evergreen Cottage.

We are very proud to offer fresh and local produce from **Chelsea Morning Farm**, located in Two Harbors. Our produce section at Organic Roots is presently stocked with Cree & Jason's beautiful bundles of kale, a variety of cucumbers, purple, yellow and green beans, mild and hot peppers, Napa cabbage, Swiss chard, green and purple Kohlrabi, carrots, and much more. Make sure to take advantage of the harvest offerings as the growing season is very short in the Northland. We also offer their maple syrup and farm fresh eggs when available. Supporting local farmers as well as local businesses in general is very important for many reasons. Organic Roots Market will also be offering new and special products this month. Make sure to stop by and check it out. We always welcome suggestions and special order requests. We appreciate and thank you for your continued support!

"You cannot find yourself in someone else. Of all the people you will meet in a lifetime, you are the only one you will never leave or lose. To the question of your life, you are the only answer. To the problems of your life, you are the only solution."  
~unknown~

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