

# Capsicum

100 capsules, Single herb, Stock No. 160-5

Master Herbalist John R. Christopher, the greatest advocate of capsicum (cayenne) in the 20th century, says, “it is the purest and most certain stimulant.”

Dr. Christopher goes on to say that “cayenne is an old standby and is used in modern medicine yet today. It is used in counter-irritant ointments, for sore muscles, arthritis, etc.; in liniments, back plasters and in many other ways. Cayenne can be used in any part of the body but should not be used directly in the vagina without mixing it with something else.”<sup>1</sup>

## *Did you know?*

Cayenne is one of the main foods of the Hunzas in Asia Minor, who live in a high isolated mountainous area. They live over a hundred years of age and much older in good health. They eat sparingly and generally a mono diet; apricots, fresh or dried are their mainstays, with cayenne as the supplement.<sup>4</sup>

## *NSP Advantage*

100 capsules. Single Herb.

*Ingredients:* 520 mg of the finest capsicum (*Capsicum annuum*) fruit.

Capsicum contains naturally-occurring amounts of cobalt, fibre, niacin, riboflavin, thiamine, vitamins A & C, and zinc.

*Recommendation:* Take the contents of one capsule four times daily with food.

1. Christopher, John R., School of Natural Healing, BiWorld Publishers, 1976, pp. 407, 408, and 412

2. Ibidem

3. Ibidem

4. Ibidem

## Features & Benefits

- Produces natural warmth by stimulating blood flow throughout the body.
- Rebuilds the tissue in the stomach and heals stomach and intestinal ulcers.<sup>2</sup>
- Stimulates the peristaltic motion of the intestines.
- Aids in assimilation and elimination.
- Influences the heart immediately, then gradually extends its effects to the arteries, and nerves (the frequency of the pulse is not increased, but is given more power).<sup>3</sup>