

# Cayenne Pepper

- **Cold hands and feet:** Cayenne ointment improves circulation and warmth.
- **Thyroid support:** Cayenne compress or ointment may stimulate the thyroid (avoid use in the evening).
- **Heart attack:** Some report benefits from cayenne in water or under the tongue during a heart attack.
- **Bleeding:** Applied to wounds, cayenne powder may promote clotting and healing.
- **Sore throat:** Gargling with cayenne in cold water can reduce inflammation and aid healing.





## Health Benefits:

- **Pain Relief** – Capsaicin reduces joint, muscle, and nerve pain.
- **Boosts Circulation** – Promotes healthy blood flow and warms the body.
- **Supports Heart Health** – Helps lower blood pressure and cholesterol.
- **Aids Digestion** – Stimulates digestive enzymes and reduces gas.
- **Improves Metabolism** – Can increase calorie burning and fat oxidation.
- **Balances Blood Sugar** – Supports insulin sensitivity and glucose control.
- **Strengthens Immunity** – High in vitamins A and C.
- **Clears Congestion** – Acts as a natural decongestant.
- **Supports Detoxification** – Enhances lymph flow and toxin removal.
- **May Have Anti-Cancer Properties** – Shown to slow the growth of some cancer cells in studies.

For more information go to our website:



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Informational only.  
Always consult a medical professional.

