The BEST Teas For Fighting Disease & Radiant Health

by Oksana & Larry Ostrovsky
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Larry & Oksana Ostrovsky, founders of BeWellBuzz, are Life Upgrade Coaches committed to helping you navigate through the latest natural health and personal development information to a destination of optimal wellness. The goal of this site is to be a catalyst in creating and spreading the Buzz, dispelling dangerous myths, society norms and helping you elevate your spirit, do more, live better, and think deeper one day at a time. We’d like to thank you in advance for not only visiting and arming yourself with great information but also sharing it with family and friends. Check out and subscribe to our YouTube Channel and become a fan of our Facebook Page.
Herbal teas go hand and hand with tradition, culture and medicine. They have been used since before anyone kept track to nourish, soothe and medicate peoples around the globe. Even from popular culture we can easily associate certain teas with certain cultures, for example Matcha Tea and Japan, or Chai tea and India, or even Argentina and Yerba Mate. No matter where you go, you will find someone sipping on a warm cup of herbs.

Traditionally, medicinal and nutritional qualities were observed but not fully understood, but thankfully with modern science we are able to go really deep into how certain teas create certain beneficial effects. Throughout this ebook we delve deep into the specific qualities now associated with specific herbal teas, like green tea, chamomile, and even cayenne pepper tea.

Drink Only These Teas For Your Health

Congratulations, with this ebook in hand you are on your way to benefitting your mind and body through tea. There are untold reasons to drink herbal teas, and through this short book you’ll learn how a wide variety of herbal teas provide your body with more than simply a soothing drink, but how they also act as powerful food medicines.

Oksana & Larry Ostrovsky - Founders www.bewellbuzz.cm
The immune system is responsible for protecting us from diseases. It is a combination of tissues and a network of cells and organs. White blood cells, also known as leukocytes, are responsible for seeking out and destroying diseases. The immune system needs a proper diet and healthy lifestyle to work properly. Researchers have found some nutritional foods and drinks that help improve the immune system, but there are others that will keep our immune system highly active. Herbal teas help improve the immune system. So we will discuss eight herbal teas that could enhance your immune system.

**Chamomile tea**

Chamomile is an herb that comes from a blooming plant and is used to
make chamomile tea, which has some amazing health benefits. Chamomile tea has the ability to fight microbes and helps support your immunity. Tea from dried chamomile blossoms can improve your immune system significantly.

**Chai tea**

Chai tea is a drink that is popular in most countries around the world, where it is considered a health drink. In India and other Asian countries, chai tea is used to improve blood circulation and the body's immune system. Cardamon and ginger in chai tea boosts the immune system and fights health conditions such as headaches and colds.

**Lemon balm tea**

Tea from lemon balm, which is a member of the mint family, can be used to improve your immune system. Caffeic and rosmarinic acids in lemon balm help fight many bacteria. Drinking this tea can help you fight many microbes and infections as well as eczema. Lemon balm tea's health benefits have helped it gain popularity and it has been used for many years.

**Raspberry leaf tea**

Raspberry leaf tea is high in vitamins and essential minerals, which makes it a healthy drink to consume. It also contains a significant amount of tannins and improves healthy bile production. As a result, it improves the body's overall immune system. This drink is okay to consume every day and also enhances your health besides your immunity.

**Mulberry tea**

Mulberry tea is extracted from mulberry tree leaves. It provides multiple health benefits due to its high volume of vitamins, antioxidants, magnesium, etc. It also contains alkaloids that activate macrophages, which are white blood cells that trigger the immune system. This tea is also capable of fighting diabetes and other health conditions, such as colds, heart disease and cancer. So, mulberry tea is definitely a great choice for improving the immune system.

**Mint tea**

Mint tea, or peppermint tea, contains a high volume of calcium, vitamin B
and potassium. These minerals are essential for better health and a stronger immune system.

**Ginger tea**

Ginger tea is a famous drink in Asian countries. Yet, it not only is delicious, but also a very useful drink for your overall health. It has been found that ginger tea is capable of enhancing the body's immune system. However, it is advised to seek a physician's advice before you start drinking ginger tea regularly.

**Kratom tea**

Kratom is a tropical evergreen tree that is controversial because it is used for medicinal as well as recreational purposes in many countries. Kratom tea contains an alkaloid called epicatechin, which is an antioxidant, as well as having antibacterial and antiviral properties. This boosts the body's immune system.

All eight of these herbal teas are capable of boosting your immune system. Make sure you are aware of all the effects and side effects of these herbal teas before you start consuming them. Do not over-consume any of these teas and maintain a proper diet and exercise routine to get the best results.
The benefits of green tea may be even more plentiful than originally thought. Recent studies show that it’s an effective treatment for lung cancer. This post from Life Box Today presents the science behind green tea’s anti-cancer properties.

Could **green tea** help in both the treatment and prevention of lung cancer? Along with the organic-natural-healthy food craze crossing the nation, you’ve likely heard at least mention of **green tea**. Whether or not green tea plays a role in maintaining health is an area of critical need in research – after all, other than water, green tea is the most consumed beverage worldwide.

Please note that green tea in the context of this article is for health promotion purposes alone and to give you a conversation starter for your doctor. Green tea in this setting is certainly not a substitute for any treatment, but is being studied for its benefits as a possible add-on to conventional cancer care.

**Understanding Green Tea**

Green tea is made from the leaves of the plant Camellia sinensis. It differs from black tea (fermented tea) in that it is steamed before the leaves wilt; capturing many of its disease-fighting phytochemicals (plant chemicals) before the leaves have a chance to oxidize. The process of oxidation significantly reduces the amount of catechins in the tea – the compounds in green tea thought to have cancer preventive as well as other benefits.
The catechins in green tea are powerful antioxidants, which likely accounts for some of their activity against cancer. Damage to DNA that takes place as a result of reactions involving oxygen – oxidative damage – is considered one of the mechanisms by which cancer forms. Antioxidants work by scavenging free radicals in the body to prevent the oxidative damage, that may in turn lead to the formation of cancer cells.

**Cancer Fighting Components in Green Tea**

There are several major cancer fighting substances in green tea. Some of these include:

- Epigallocatechin-3-gallate (EGCG)
- Epicatechin
- Epicatechin-3-sulfate
- Epigallocatechin

Based on population statistics there are probably several components in green tea that may help prevent or treat lung cancer. Of these, epigallocatechin-3-gallate – EGCG – has been studied the most.

**How May Green Tea Help Fight Cancer?**

How may the components found in green tea help to both reduce the risk of cancer and treat it? In looking at the possible mechanisms it’s important to remember that cancer is a complex disease. There are many critical steps that occur, first in the formation of a cancer cells, and then to grow and maintain a tumor and have it spread. Thankfully, interrupting any of these steps along the way may help us fight lung cancer – the cancer which causes the most deaths in both men and women in the United States each year.

A few of the steps involved in the onset and growth of a cancer include:

Cell transformation – The process by which a healthy cell becomes a cancer cell.
Cell division – Cells need to continually reproduce (divide) for the tumor to expand.

Avoiding cell death – Cancer cells need to avoid the process of apoptosis (programmed cell death) which healthy cells use when damaged or abnormal. Cancer cells become, in a way, immortal.

Ability to metastasize – Cancer cells need to, by definition, become “unsticky” and travel to other regions of the body.

Ability to resist treatments – Cancer cells need to overcome (become resistant) to cancer treatments in order to continue to grow or recur.

To understand this in greater depth, check out this article on the differences between cancer cells and normal cells.

**Green Tea and Lung Cancer Prevention – Cell Transformation**

Population studies tell us that people who live in regions of the world where green tea consumption is the highest, have a lower overall risk of developing lung cancer. Several large studies examining diet and cancer risk have also found a strong correlation between green tea intake and a reduced risk of lung cancer (among others.)

**Why would this be? Why would green tea offer a protective effect against cancer?**

In order for a cell to become cancerous, a series of mutation in that cell’s DNA need to take place. With lung cancer the cause of these mutations may be smoking, but could also be exposure to radon in the home, a normal result of the body’s metabolism, or any number of insults. The mechanism, however, is often the same – oxidative damage to DNA.

In a few studies, heavy smokers were given 4 cups of green tea a day with the goal of decreasing DNA damage due to smoking. As noted above, smoking produces free radicals which can in turn cause “oxidative damage” to DNA, eventually resulting in the development of cancer cells. To measure oxidative damage, these researchers had the volunteers in the study give urine samples. Testing urine for the amount of a compound called 8-hydroxydeoxyguanosine (8-OHdG) gives
an estimate of the amount of oxidative damage that has occurred in the body. The smokers who drank green tea had on average 30% less oxidative damage than non-tea drinkers based on this measure.

This was just one method of many by which green tea has been evaluated for its potential to reduce cancer risk, but early studies seem to support that there are scientific reasons for what we see in population studies.

**Possible Role of Green Tea in Lung Cancer Treatment**

There are several different pathways in the growth and spread of lung cancer that have been evaluated in order to see if green tea (EGCG) may have some benefit. These include altering signals not only in cells becoming a cancer cell, but in proliferation, apoptosis (cell death,) and spread (metastasis) of cancer cells.

**Inhibition of cell division and proliferation**

If you can stop cells from dividing, a cancer can't proliferate – make new cells and grow in size. This is the concept behind chemotherapy drugs, most of which work to inhibit one of the steps in cell division. Cancer cells may be at different points in the process of dividing, and this is the rationale for using a combination of drugs – to hit different places along the path of division so you can kill a cancer cell no matter which stage it is in.

Several studies have found that components in green tea, particularly EGCG, have worked in a number of ways to cause “cell cycle arrest” – in other words, stopping the process of a cancer cell dividing. The interesting thing with green tea is that it often interrupts this process without affecting cell division among normal cells.

**Induction of apoptosis**

One important difference between healthy cells and cancer cells is that healthy cells die when they are damaged and cannot be repaired. Cancer cells have found a way to bypass this step of programmed cell death.
called apoptosis. In a few studies it was found that green tea worked to induce apoptosis of lung cancer cells.

**Inhibition of Angiogenesis**

In order for cancers to grow, they need to create new blood vessels to supply their nutrients. This process is called angiogenesis – for the root words “new blood.” We have learned that nicotine can stimulate angiogenesis in cancer cells. It was found that EGCG inhibited nicotine induced angiogenesis in cancer cells.

**Inhibition of Metastasis**

Several studies with lung cancer cells as well as other cancers have found that compounds in green tea may inhibit the ability of cancer cells to metastasize (spread) to other regions. Since most deaths from cancer occur due to metastases, this is an encouraging finding and an active area of research.

**Enhancing chemotherapy**

The possible benefit of green tea components enhancing chemotherapy was first noted widely when components of green tea appeared to sensitize liver cancer cells to the anticancer effects of the chemotherapy drug Adriamycin (doxorubicin) In other words, the chemotherapy drug worked even better to kill cancer cells when used in combination with EGCG. In lung cancer cells grown in the lab, EGCG improved the ability of Platinol (cisplatin) to kill human non-small cell lung cancer cells. Since platinum based chemotherapy drugs such as Platinol are used frequently with lung cancer patients, this is also an exciting finding.

**Renewed sensitivity to chemotherapy – Cancer stem cells?**

The concept of cancer stem cells, a hierarchy of cancer cells in which some cells act like the generals in the army, and more resistant to treatment, has been a hot topic in oncology, and was proposed as a possible way in which green tea played a role in a recent study. This concept of stem cells is one theory to explain why cancer may recur after even a lengthy period of time. It’s thought that perhaps these cells
lay “dormant” and hence aren’t eliminated with current chemotherapy drugs.

Researchers looked at studies with colon cancer and started asking questions. In the studies it was found that the equivalent of 10 cups a day of green tea could reduce the recurrence of colon adenomas by 50%. (About 1 in 10 adenomatous polyps become cancerous in time.) Using this idea, they decided to see if green tea catechins might enhance the effect of anticancer drugs when given in combination – if EGCG could help overcome chemotherapy resistance which almost invariably develops. Looking at the results of 42 studies with lung cancer cells grown in the lab and with animals, they found that adding the green tea compounds to the anticancer drugs resulted in an average tumor reduction of about 70%. There conclusion was that green tea may inhibit self renewal of cancer stem cells.

**Bottom line**

Other than population studies, most studies on green tea and its compounds have been done in the lab and with animals, but results so far have been exciting. If you enjoy a cup of tea to relax, it may be worth talking to your oncologist to see if it’s okay to continue doing so (or developing a taste for tea) during treatment.

**Side Effects/Interactions**

Green tea is usually tolerated very well, and its safety has been tested even with relatively high doses of green tea extract. Researchers tested volunteers with daily doses of green tea for 4 weeks. At the equivalent of 16 cups per day, the volunteers had no change in their blood counts or blood chemistry analysis. Side effects were similar to those of people given a placebo instead, and ranked only as mild gas, upset stomach, heartburn, headache and dizziness.

Green tea does contain caffeine, though less than black tea or coffee. If you are sensitive to caffeine or struggle with anxiety or insomnia, green tea may not be your cup of tea.

For people with anemia, especially during chemotherapy, it’s important to know that green tea may lower the absorption of iron. This can be avoided by drinking green tea at a time separate from meals, and
waiting at least one hour after meals to drink your tea.

**For People Receiving Chemotherapy**

It’s very important to talk with your oncologist if you are in the midst of cancer treatment. Some nutritional supplements as well as vitamin and mineral supplements may interfere with chemotherapy. Green tea did not appear to interact with most anticancer medications in the studies reviewed (and rather, enhanced the effects of chemo in a few) with the exception of a few. An animal study suggested that green tea extract could possibly decrease the effects of Velcade (bortezomib,) In another study the extract was found to inhibit the activity of Sutent (sunitinib) – though yet another study found that it enhanced the effect of this drug. Neither of these drugs are ordinarily used for lung cancer, Camptosar (irinotecan) is a chemotherapy drug which is sometimes used for lung cancer. One study found that this drug was not affected by green tea extract, but another found that ECGC extract reduced the level of Camptosar significantly. In addition, some studies have found that ECGC extract can affect drugs metabolized by the enzyme CYP3A4 in the liver, while others have not found an effect, though also noted was that the ECGC content of different extracts varies widely. Unless your oncologist believes it could help, it’s probably best to avoid green tea extract supplements while on chemotherapy, especially treatments which include irinotecan.

The new immunotherapy medications appear to work best when there is inflammation near a tumor. Since green tea has anti-inflammatory functions, it is might be wise to hold off on the tea when using these drugs – but again that’s a conversation you’ll need to have with your oncologist. Medicine is changing rapidly and new studies are reported every day.

**How Much Green Tea?**

If you’ve heard the jokes about lab rats consuming the equivalent of 80 pounds a day of a chemical to see if it causes cancer, you may be wondering how much green tea is best? And that is a good question. Some of the studies on green tea have tested large amounts on lab animals – for example, the equivalent of drinking 20 or 30 cups a day. Others have looked at more “normal” levels of tea consumption, even
the effect of one cup per day. There’s not a magic number, but some investigators claim that an ideal would be 4 cups per day.

Some people choose to get their green tea in the form of dietary supplements. If you and your oncologist decide to do this (always, always talk to your oncologist before taking any supplement) be aware that studies have found that the information provided on these supplements is not necessarily very accurate. Since dietary supplements have little regulation in the United States, the amount of the “good” green tea compounds mentioned on the label may not be the same as what is actually present in the product. If you do go this route, choose a good quality product, and keep in mind that you may pay for what you get.

How to Prepare Green Tea for Maximum Benefits

To get the maximum benefits of the components of green tea, it helps to know how to prepare and serve it. For example, the ready-to-drink green tea drinks you pick up at the grocery store have very low levels of EGCG. With iced tea it’s hard to know what the content of catechins would be unless you know the process by which it is brewed.

Check out these tips on how to best brew green tea for the health benefits. Using boiling water helps extract the catechins, and longer steeping times may also result in more of the good stuff in your cup. For those who are sensitive to caffeine, decaffeinated green tea is available. Unfortunately it appears that the decaffeinating process also reduces catechins such as EGCG.

How you serve your green tea can make a difference as well. It’s a good idea to leave out the cream, as dairy products bind EGCG preventing its absorption. Lemon does the opposite, so adding a touch of lemon to your tea may do more than enhance the flavor.

A Word About Foods vs Supplements

Before you finish reading don’t immediately grab your keys, jump in your car, and run to the nearest health food store to buy a supplement of green tea. We still don’t know if the protective and cancer fighting properties of green tea lie in the compounds mentioned, if the effect is
related to another chemical in green tea not yet discovered, or results from a combination of several compounds that work together or against each other. Getting a nutrient via food can be quite different than getting it through a supplement. For example, it was found that men who ate diets high in the phytochemical (plant based chemical) beta-carotene had a substantially lower risk of developing lung cancer. When researchers gave volunteers beta-carotene as a supplement, however, the beta-carotene supplement not only failed to prevent lung cancer, but the opposite occurred. Men taking beta-carotene supplements had a higher risk of developing lung cancer than those who did not.

Other Health Benefits

Green tea appears to have health benefits in addition to what has been found in the cancer arena. It’s been looked at for its benefits on the heart and its ability to improve the ratio between good and bad cholesterol. For weight loss, it appears that green tea increases metabolism. There’s more, and based on the number of clinical trials currently in process, we will likely be hearing more in the near future.

Next Steps

If you’re reading this with an interest in prevention, check out these superfoods that may lower the risk of lung cancer. If you’re living with cancer, take a look at these lung cancer fighting foods. And it can’t hurt to take a peek at this list of things that may improve lung cancer survival that your doctor might not mention.

Source: *The Role of Green Tea in Lung Cancer Prevention and Treatment* / *Life Box Today*
Chamomile frequents the lips of herbalists and nature lovers but is not very familiar to the layman. At times, it makes me wonder why chamomile is not as popular as lavender.

Chamomile was born in the daisy family. It is not a single plant but a variety of flowering plants.

For centuries, chamomile tea is being used for many bodily ailments out of which stress and anxiety are the most common ones. When the much awaited sleep suffers at the hand of stress, chamomile comes to your aid. Drinking a cup of chamomile tea half an hour before bed time ensures restful sleep at night. Let’s look at some more uses of chamomile.

**Chamomile Health Benefits**
• If **IBS** worries you more than worry itself, try chamomile tea! Stress is primarily responsible for psychosomatic illnesses like IBS. In IBS, chamomile can **take care of pains, cramps, nausea, excessive gas and bloating** in the intestines and, insomnia as well. In all, it heals the body and calms the mind.

• It is also good in the care of digestive ailments. It is **antispasmodic and anti-inflammatory**.

• Works for those with **motion sickness**. Sip mild chamomile tea before or during travel.

• It makes a good gargle against **mouth sores**.

• You can also use chamomile tea as a **foot soak**.

• It can help with the monthly hassles in women including **cramps and PMS**. However, pregnant women or those trying to conceive should **NOT** take chamomile.

• Don't throw the used chamomile tea bags. You can use these for **tired eyes**. Alternatively, apply a cotton pad soaked in cold chamomile tea for dark circle removal.

• Like lavender, chamomile can **soothe migraine headaches** in many. Take chamomile during a trigger and see if it works for you.

• Chamomile can cleanse the body with its **antioxidant benefits**. Cold, stuffy nose and sinusitis is highly relieved with chamomile. If you suffer from cold, take warm fluids and make a herbal tea with chamomile, ginger and honey.

• **Arthritic pains** can be helped with this anti inflammatory herb.

**How to Make Chamomile Tea**

Chamomile tea can be made with the herb alone or as an infusion with other herbs or just green tea. Add 2-3 tsps dried German Chamomile flowers per cup in to a hot cup of water. Allow the essence to steep in. Enjoy it with honey. You may also add in your favorite herbs like cardamom, cinnamon etc.
Chamomile or Green Tea, Which's Better?

Both are soothing and are rich in antioxidants. One has caffeine that energizes while the other promotes sleep. If you want a nervine go for chamomile and when you need a shot of antioxidants that help metabolism choose green tea.

Side Effects

It is to be remembered that even nectar in excess is poison. High doses of chamomile can present as skin rashes, vomiting and other allergic reactions.

Source:

http://www.herbscancure.com
Chrysanthemum tea acts as a natural coolant and has been talked about in the ancient Chinese medicinal science. A person will benefit a lot by having Chrysanthemum tea every day.

The Chinese medicinal practice included the use of herbs as a major part of the treatment. The Chinese knew that a soothing cup of this warm golden brown tea can do magic. Let’s take a closer look its nutritional benefits and 10 main health benefits of Chrysanthemum tea.

**Nutritional Information:** This is an extremely potent herbal tea. Chrysanthemum tea has high amounts of B carotene which are present in the yellow part and the fruit. The B carotene is converted in Vitamin A in the liver. This kind of Vitamin A is helpful in treating skin problems and increasing the immunity power. It also helps in postponing the aging process and age related blindness.

**Chrysanthemum tea** is also a good source of Vitamin Bs like choline, folacin, niacin as well as riboflavin. It also contains Vitamin C which reduces the risks of scurvy and protects the eyes.

Chrysanthemum tea also has minerals like
calcium which is important for the teeth and bones, iron which helps in the transportation of oxygen through the blood, magnesium which is required by more than three hundred kinds of bodily functions as well as potassium which is needed for proper cardiovascular functioning and stabilizing the blood pressure.

Chrysanthemum tea also has adenine, amino acids and glycosides.

**10 health benefits of Chrysanthemum tea**

Chrysanthemum tea is not very famous amongst herb enthusiasts as very few people know about its existence and benefits. Read on to know more about the benefits:

1. Chrysanthemum tea has **Vitamin C** in which helps ease heaviness in the head during cold and provide relief in sinusitis discomfort. This herbal tea also has antiviral properties and helps relieve congestion in the head which may be caused by viral infection. The heaviness in the head could also be caused due to bacterial pathogenic reaction. Chrysanthemum tea is anti spirochetal in nature thus it is really helpful in easing head congestion.

2. Chrysanthemum tea is naturally **caffeine free**, hence, it is free from all the side effects of caffeine like anxiety, tension, irritation, nervousness and confusion.

3. Chrysanthemum tea is a **natural coolant** and helps in lowering the temperature of the body when suffering from fever or even heat stroke. This herbal tea is also helpful in treating pimples and acne. It can also treat discomfort of high
4. Chrysanthemum tea is good for the detoxification of the liver and for lowering cholesterol levels.

5. This tea helps in the treatment of coronary artery disease, blocked arteries and even varicose veins.

6. Chrysanthemum tea has stimulating property and helps in alerting the senses and rejuvenating the brain. It stimulates all your senses very quickly and also calms down the nerves.

7. It helps in easing giddiness.

8. Drinking Chrysanthemum tea helps in providing relief in sore throat, redness in the eyes, itchiness in the eyes, dryness in the eyes and dark spot in the eye area.

9. It makes the lungs strong and helps in providing relief in respiratory problems such as shortness of breath.

10. Chrysanthemum tea when taken with lunch or dinner especially with oily foods helps ease
digestion.

**Preparation**

Chrysanthemum tea is made from dried chrysanthemum flowers. You can easily make it bye by adding hot water in 3 grams of dried chrysanthemum flowers, let the mix steep for 5 minutes.
Cayenne pepper has many health benefits, including a reduction in inflammation. This post from Alternative Daily shares a cayenne pepper tea recipe to help you reap the health rewards.

The health benefits of cayenne pepper have long been recognized by civilizations across the globe. A potent ingredient with a wide variety of therapeutic uses, cayenne pepper has recently achieved notoriety in the United States as a popular natural remedy for anything from headaches to joint pain.

While American health practitioners have used cayenne pepper for a number of years, it was not until a weight loss diet called the Master Cleanse came about that things really heated up. And I mean that in the most literal sense possible — the cleanse places great emphasis on something called cayenne pepper tea. Not only is this cayenne tea consumed hot, it also contains one of the hottest spices on the planet... that’s some serious heat!

According to anecdotal evidence, cayenne pepper tea is very effective in improving circulation, stimulating digestion, alleviating pain and
soothing stomach issues. Much of this effect is due to a powerful active ingredient found in cayenne called capsaicin. The subject of scientific interest even as far back as 1919, capsaicin is the compound in cayenne which gives it that characteristic heat we all know and (sometimes) love!

Health benefits of cayenne pepper

The benefits of cayenne are surprisingly wide-ranging. What’s more, cayenne pepper is one of the few natural remedies to actually receive substantial scientific research. Most claims about the health benefits of cayenne pepper are in fact verified by science.

1. Joint pain

Cayenne pepper has long been used (even by the pharmaceutical industry!) as a means of alleviating pain. Either applying cayenne topically or ingesting it (such as in a tea) dramatically reduces the production of something called substance P. Substance P is a chemical that carries pain messages to the brain. Therefore, with a reduction in substance P, patients experience less or no pain.

A study published in the *Journal of Life Sciences* applied 20 to 80 milligrams of capsaicin (the active ingredient in cayenne) to rats. Prior to treatment, researchers inoculated the rats with a bacterial strain that caused widespread inflammation.

The study found that the capsaicin began working within 24 hours. It continued to lower inflammation for 20 days after ingestion. As a surprising side-effect, researchers also
discovered that the capsaicin also decreased the production of substance P in nerves associated with arthritis.

Another study (on humans this time!) sought to test the efficacy and safety of 0.025 percent capsaicin cream on osteoarthritis patients. When compared to the placebo group, researchers found that capsaicin-treated patients experienced a substantial reduction in both pain and tenderness at weeks four, eight and twelve.

Other studies confirm that the capsaicin in cayenne pepper helps to alleviate pain from nerve damage in the feet and legs, lower back pain, and fibromyalgia symptoms.

2. Gastrointestinal issues

Despite what you might otherwise think, cayenne is actually classified as an anti-irritant. This makes it an effective treatment for stomach gastric ulcers, upset stomach, and even bowel issues like diarrhea or constipation.

A study published in the Journal of Pharmacological Research found that small doses of capsaicin did not cause gastric mucosal damage, contrary to popular belief. At the same time, capsaicin ingestion was noted to create localized gastric desensitization, meaning it
showed promise for alleviating gastrointestinal pain.

Another study presented in the *Journal of Neuroscience* found that “intragastric capsaicin reduces lesion formation by an action on afferent neurons.” This essentially means that capsaicin taken internally can protect against gastric ulcers and other gastrointestinal damage.

Researchers think that this protective effect on the digestive tract occurs due to a number of cayenne-induced factors. These include inhibition of acid secretion, stimulation of alkali, and an increase in mucus secretions. All of these factors help in both the prevention and healing of gastric ulcers.

### 3. Digestion

One of the reasons why cayenne tea is such an integral part of the Master Cleanse is due to the positive effect it has on the digestive system. Cayenne pepper helps to stimulate the production of saliva, which is critical to effective digestion. It also helps in the prevention of bad breath.

Cayenne pepper also increases the body’s production of digestive enzymes, which help to break down proteins, fats and carbohydrates. It also stimulates gastric juices, which help the body metabolize food and break down toxins.

### 4. Inflammation

Cayenne pepper is a well-known anti-inflammatory agent. Chronic inflammation is now a worldwide pandemic. It affects the vast majority of the population due to poor diet, environmental toxins, constantly elevated stress
levels and a range of other factors. Researchers have linked chronic inflammation to all major autoimmune diseases. It is, therefore, a major problem in today’s society.

A 2013 study published in the *Journal of Immunopathology and Pharmacology* noted that capsaicin inhibited the production of mast cells in the human body. These cells are inflammatory and have been found to be very prominent in inflammatory diseases such as allergies and asthma. For this reason, consuming plenty of cayenne can be an effective way to lower inflammation in your body.

Cayenne pepper also contains high levels of vitamin A, which plays a critical role in reducing inflammation. Vitamin A is a powerful antioxidant, meaning it reduces the oxidative damage causes by free radicals. This damage is one of the leading causes of inflammation. Getting plenty of vitamin A is a key step towards treating your chronic inflammation.

5. **Skin conditions**

One of the many cayenne pepper benefits is its ability to treat a range of skin conditions. Cayenne has been shown to be particularly effective against psoriasis, which occurs when skin cells replicate too rapidly and swollen,
According to this source, multiple studies have found topical treatment with capsaicin cream to be effective in the treatment of psoriasis. One of the studies showed that a 0.025 percent capsaicin cream resulted in a significant decrease in scaling and redness over the course of six weeks. Another double-blind study involving 197 patients over six weeks saw large reductions in scaling, thickness and itching in patients suffering from psoriasis.

6. Migraines

Capsaicin, that same wonderful ingredient in cayenne pepper which is responsible for so many health benefits, is a proven treatment for migraines. This is due to what is essentially a sensory overload. It is induced when cayenne causes your pain nerves to fire so much that they become exhausted. This causes your nerve fibers to deplete their substance P reserves, meaning the sensation of actual pain is significantly reduced.

In this way, tricking the body into thinking that pain is occurring elsewhere in the body means that your migraine headache fades into the background. So next time you feel a migraine coming on, either brew up a nice warm cayenne tea or pop a couple of cayenne pepper supplements. Either one should give you a welcome reprieve from a splitting headache.

7. Detoxification

Many diets these days are all about the word “detox.” However, they often lose sight of how to achieve this beyond a few “cleansing” green smoothies. Cayenne pepper is a proven
detoxifier, due to its ability to stimulate circulation and eliminate acidity. Cayenne stimulates an inefficient circulatory system by opening the capillaries and regulating blood sugar. At the same time, it improves your digestive capacity by forcing harmful bacteria and toxins from your gastrointestinal tract.

8. Weight loss

Cayenne can make a great addition to any weight loss program, as it suppresses appetite. This makes you less likely to reach for those salty, delicious, fatty snacks between meals. Cayenne also helps to speed up metabolic processes in your body, helping to burn off those calories even while you’re sitting down watching TV or reading a book!

Studies also show that the capsaicin in cayenne pepper helps to reduce inflammation. Considering inflammation is a common contributor to bloating, food sensitivities and infection (all of which are associated with weight gain), cayenne is a powerful ally to have on your side.

9. Fungal infections

Due to things like antibiotics, oral contraceptives and chronic stress, most people have problems with fungal infections and overgrowth in their gut. This can result in a wide range of problems, including hormonal imbalances, toxicity issues, nutrient malabsorption and reduced immunity.

A 2003 study published in the Journal of Medical Mycology found that the ingredients in cayenne pepper were effective against 16 different fungal strains. This included the notorious Candida albicans, the overgrowth of which causes all
kinds of problems in the body, including sugar dependency, mood disorders, and reduced immune function. Researchers think cayenne helps to remove fungal species in the body by disrupting the membrane integrity of fungal cells. And the best part? No side effects!

**How to make cayenne pepper tea**

Cayenne pepper tea combines all of the wonderful anti-inflammatory, anti-fungal and pro-digestive effects of cayenne into one powerful tonic. Drinking this tea once in the morning and once again in the evening can help you to detoxify your body, reduce chronic inflammation and attain overall better health.

**Ingredients**

- 1 tsp ground cayenne pepper
- 1 cup filtered water
- 1/2 fresh lemon

**Instructions**

1. Boil one cup of filtered water or mineral water. Remove the water from heat just before it reaches the boil, if possible.

2. While the water is boiling, place one teaspoon
of ground cayenne pepper into a cup or mug. Add in the hot water.

3. Using a spoon, stir the cayenne until it has fully dissolved into the water. There may be some cayenne which refuses to mix and instead floats on the top — don't worry about it!

4. Squeeze the juice of half a fresh lemon into the cup. Use the spoon to stir the mixture once more.

5. Cover the cup with a small plate or saucer and leave to steep for around five minutes, or until it is cool enough to drink. Make sure you drink it before it cools down completely, however!

Sip the drink slowly and reap the rewards! Many people like to sip this tea before breakfast, to stimulate the metabolism and reduce appetite. It’s great to drink again before bed to help the body detoxify itself while you sleep. Mix in other ingredients, like fresh grated ginger or finely-chopped garlic, for additional health benefits.
Source: *How To Make Warm Cayenne Pepper Tea To Reduce Inflammation*
Better Than Tea?

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