



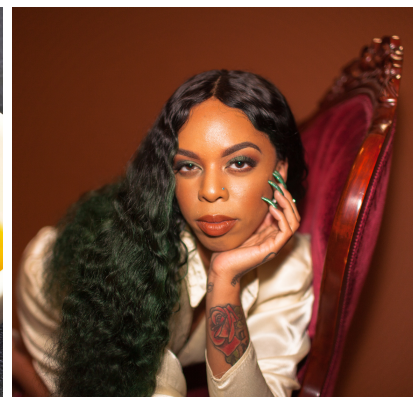
Mr. Black Seed Oil cures

By Shamara Daniels

How To Use Black Seed Oil

Black Seed Oil Uses

- For starters, black cumin oil can be used topically, but always make sure to dilute it with a few teaspoons of carrier oil like coconut or almond oil.
- Once diluted, it can help with common skin concerns like acne and eczema thanks to its antibacterial and anti-inflammatory properties. Some people also find it helpful for psoriasis and rosacea.
- It can easily be added to homemade massage oils and lotions to experience the many black cumin seed benefits. For a warming massage, simply add one drop to one tablespoon of carrier oil.
- To boost hair and scalp health, a few drops of oil can be added to hair products like shampoo and conditioner. If you enjoy making homemade fragrances with essential oils, it's good to know that black seed oil has a peppery scent and works well as a base note.
- With its spicy flavor, a high-quality (100 percent pure, therapeutic grade, and certified USDA organic) black seed oil can be used in all kinds of recipes from meat main courses to soups and stews. You can also add it to beverages like chai tea lattes and smoothies.



A Self-Love Journey



9 Amazing Black Seed Oil Benefits

Cure Cancer

1

Cancer

Thanks to its potent phytochemicals and antioxidant capabilities, black seed oil has been shown to help in recent years induce apoptosis (programmed cell death) in leukemia cells, breast cancer cells, and brain tumor cells.

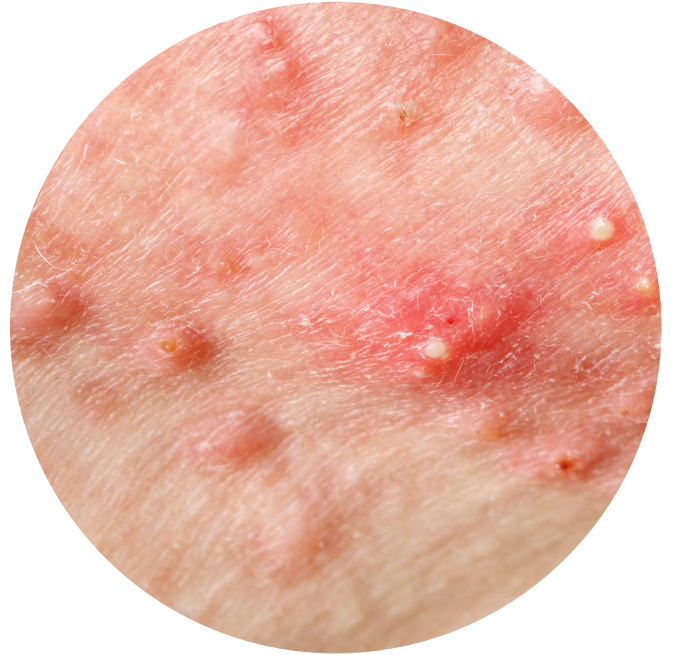


Protects the Skin

2

Skin Benefits

In a study conducted by Iranian researchers, Nigella saliva was found as effective as the skin cream Betamethasone in improving quality of life and decreasing the severity of hand eczema. As long as you don't have an allergic reaction to black seed oil, it does not come with a laundry list of terrifying side effects like conventional creams.



Betamethasone, for example, may cause swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing, skin color changes, dark freckles, easy bruising, muscle weakness, and severe attention. Weight gain around your neck, upper back, breast, face, or waist is also in the realm of possibility.

I don't know about you, but I would much rather use something natural on my skin like black seed oil.

Promotes Liver Health

3

Liver Health

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 up the healing process.



Combats Diabetes

4

Diabetes

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 up the healing process.

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 slew of side effects, including:

- Bloating
- Constipation/diarrhea
- Flushing of the skin
- Gas/indigestion
- Heartburn
- Headache
- Nail changes
- Metallic taste in the mouth
- Muscle pain
- Stomach pain



Aids In Weight Loss

5

Weight Loss

Black seed oil weight loss claims actually do have some science behind them. 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 among the most effective natural remedies on the planet.



In 2018 Scientists discovered black seed supplements lower body weight.

Supplementation was also shown to decrease body mass index (BMI) and waist circumference.

It's also important to note that there were no serious side effects of black seed

supplementation reported in any of the studies.

Strong Long Shiny Hair

6

Hair Benefits

In addition to being a natural skincare aid, there are also black seed oil benefits for hair. Not surprisingly, the black seed oil is often featured on lists of natural ways to boost hair and scalp health in numerous ways.



Since it contains nigellone, shown by research to be an impressive antihistamine, it may help with hair loss due to androgenic alopecia or alopecia areata. With its antioxidant, antibacterial, and anti-inflammatory properties, it can also help the health of the scalp in general, discouraging dandruff and dryness, and improving hair health at the same time.

Treats Infections

7

Antibiotic

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 may help. Pakistani scientists took several strains of MRSA and discovered that each one was sensitive to *N. Sativa*, proving that black seed oil can help slow down or stop MRSA from spreading out of control.

Improves Fertility

8

Fertility

A randomized, double-blind, placebo-controlled clinical trial evaluated whether or not black seed oil could help infertile male subjects with abnormal sperm. The control group orally took 2.5 milliliters of black seed oil while the placebo group received the same amount of liquid paraffin twice a day for two months.

What did researchers find? The results revealed that the black seed oil group had improvements in their sperm count as well as sperm motility and semen volume.



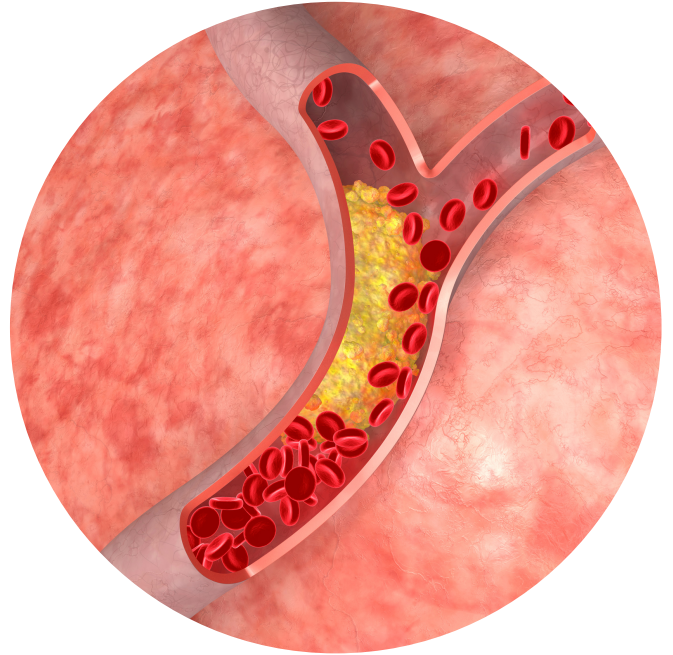
Researchers also reviewed studies that took place between 2000 and 2014, and overall, they concluded that black seed can “positively influence sperm parameters, semen, Leydig cells, reproductive organs, and sexual hormones.”

Improves Cholesterol

9

Cholesterol

After a six-week trial, the diabetic test subjects, given low doses of the black seed, total cholesterol, LDL (“bad”) cholesterol, and glucose levels all came down while HDL (“good”) cholesterol increased.



Another trial revealed people who took the black seed supplement had their systolic blood pressure and diastolic blood pressure decrease in “a dose-dependent manner.” Additionally, the black seed extract supplement caused a “significant decline” in both total cholesterol and LDL cholesterol.

A self-love journey



Internal Healing Ebook Journey

My name is Shamara Daniels, I am a Natural Health Consultant for Women. I take you on a self-love internal healing journey to free your spirit. We are made of energy which can not be created nor destroyed by man. Ladies, you are The Garden of Eden spiritually. Join me at www.lovetheyourselfoffensively.com

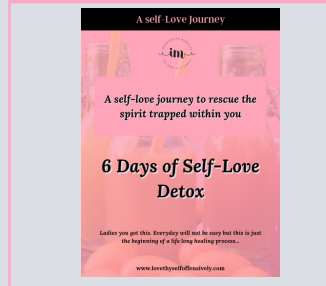
1st stop



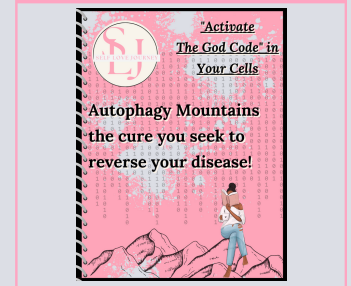
2nd stop



3rd stop



4th stop



Each Ebook is a step ladder to awaken your slumbering spirit but first, we have to clear up the toxic overload you've accumulated over the years. This is self-paced. Every day will not be easy but it will be worth it in the end. The God Code can cure anything attacking the body!

Reach me online

www.lovetheyourselfoffensively.com

www.fastingisthecure.com

shamara@fastingisthecure.com

[Invigorating Miracles Podcast](#)



Self-Love WORKSHEET

Your Competition Is You

You are your biggest obstacle to overcome. The mind is a powerful machine you have to learn to control. This world is for spiritual growth so you must wake up now! Answer these questions and refer back to this page any time you think of giving up! You absolutely got this your only competing against yourself.

What is your goal weight?

What foods are your weakness?

Are you happy with with your weight?

30-DAY SELF IMPROVEMENT CHALLENGE

Every morning drink 1/2 tsp of black seed oil



Set a personal goal for the month



Practice deep breathing or meditation for 10 minutes



Write a list of 10 things you're grateful for



Take a walk outside



Declutter a room or workspace



Call or text a friend to catch up



Cook a healthy meal



Practice yoga or gentle stretching



Write a positive affirmation and repeat it throughout the day



Create a relaxing bedtime routine



Journal about your thoughts and feelings



Set aside time for your favorite hobby



Give yourself a compliment



Unplug from technology for an hour



Listen to your favorite music or a calming playlist



Practice mindfulness while doing everyday tasks



Spend time with a pet or visit a local animal shelter



Read a book or watch a movie that inspires you



Explore a new relaxation method, like progressive muscle relaxation



Take a power nap or restorative break



Create a vision board or list of personal goals



Volunteer or perform a random act of kindness



Treat yourself to a small indulgence



Reflect on your accomplishments and growth



Connect with nature by visiting a park, beach, or forest



Write a letter to your future self



Set boundaries to protect your energy and time



Establish a morning routine that energizes you



Practice self-compassion and forgive yourself for past mistakes



Review your progress and celebrate your achievements