

# ALL THINGS BLACK SEED OIL

*BY SAMMA LIVING*





At Samma Living, we embody the essential values that encompass a holistic way of life – preserving a healthy mind and body. Our efforts ensure that the age-old natural ingredients in our products demonstrate positive and beneficial results. The same efforts in which, help guide us to a healthier and happier life. Thanks to you and through these products, we are able to contribute 10% of our proceeds to Vipassana Meditation centers, allowing others to enjoy the many benefits of meditation and develop a peaceful and happy mind.

## **Pre-Notes**

The following information, consolidated from research papers, provided by SammaLiving, regarding benefits, values, recipes, and uses, are intended for educational purposes only. The use, consumption, and application of Black Seed Oil is to be proceeded with proper precaution, understanding and assumption of all benefits and risks. Consult your healthcare professional(s) for the necessary safeguarding and practices with the use of this oil.

The author of this eBook is not a doctor or medical professional. This book is written for the sole purpose of notifying, educating, and explaining the secret that is Black Seed Oil. This text is the result of many hours of research, gatherings, and understanding of the seed.

This eBook, in conjunction with the use of Black Seed Oil, is not intended to diagnose, cure, or prevent any serious disease. The following statements have NOT been evaluated by the Food and Drug Administration (FDA). Do NOT rely solely on the information presented in this eBook to cure an illness. All results may vary.

May all enjoy this eBook and help spread the word about this miraculous seed. This eBook is dedicated to those who were helped and those who need help.

# “A Cure For Every Disease Except Death.”

– Ancient Proverb



You may have never seen, tasted, used, or even heard of Black Seed Oil – however, it has been around for ages and it is considered to be one of the greatest healing herbs of all time.

The seed was discovered approximately 4000 years ago by Egyptian civilization and they referred to the seed as ‘panacea’ – which translates to ‘cure for problems.’ Many of their dead were accompanied by the seed because they believed the seed gave strength and power in the after-life. Black seeds were even found in the tomb of King Tut – to assist the great pharaoh in his after-life.

The Greeks also used Black Seed Oil as a dietary supplement to strengthen their immune systems and to aid in a variety of ailments and illnesses. They also found it to be helpful in treating headaches, nasal congestions, toothaches, and intestinal worms. Since then, it has been vouched by many cultures in the Middle East and South Asia. It has also been secretly passed down throughout generations all over the world.

Despite the miraculous strength and secretive capabilities, the oil is relatively new to modern day studies. Scientific research is still beginning to catch up, hence, few benefits have not yet been directly linked and supported by the use of this oil.

This oil is best combined with the body's natural defense systems – using its nutritional properties in conjunction with the body to assist in maintaining health and overcoming illness. It works without disturbing the body's natural balance or regime.

However, as popularity is growing, extensive studies on cancer, skin disease, inflammatory problems, and digestive implications have strongly strengthened the support and acceptance of this seed – more on this later.

Many individuals include Black Seed Oil in their dietary supplement regime to aid in ailments, prevention, and find it positively supporting their immune system. Tremendous effectiveness against a variety of issues ranging from skin complications to fungal toxicities have been reported.

## **Precautions**

Black Seed Oil has been called the greatest healing herb of all times by many doctors, scientists, and especially users. It has proven to fight and mitigate diseases from cancers, allergies, skin problems, immune problems, to acne and the common cold or flu. It can be used by almost anyone, however, it is important to keep in mind a few precautions before proceeding:

Do not take Black Seed Oil on a full stomach. Instead, mix Black Seed Oil with liquids, yogurt, honey, or food. Take one teaspoon one hour before breakfast and one hour before dinner or before going to bed.

Black Seeds are not suggested for pregnant women and young children; however, oil is advised on a cautionary basis.

Patients with a major disease should be monitored by a practicing medical professional and consult with him/her before taking Black Seed Oil.

Never mix Black Seed Oil with pharmaceutical medicines; as the results of side effects may vary.

Black Seed Oil has been shown to lower blood sugar levels – for diabetic patients, it is advised to consult a practicing physician before consumption.

Never consume more than 25 grams of Black Seed Oil as it is found to be toxic. Follow the daily recommended dosage – maximum dosage is 3 teaspoons per day.

Black Seed Oil is a cure for many illnesses, but only when the person follows instructions, dosages, and precautions as mentioned.

This medicine is to be used with faith, persistency, and sincerity.

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## What is Black Seed?

The scientific name of Black Seed Oil is 'Nigella Sativa'. Scientists refer to Black Seed Oil as: 'black cumin, nigella, and kalonji.' As different as those names may be, they are referring to the same black seed.

These small black seeds are derived from a delicate flower indigenous to the Mediterranean, North African, and Southern Asian regions. The plant, called fennel flower plant (Nigella Sativa) has bluish-purple flowers that grow on its branches. At maturity, the stem reaches 12-18 inches and the capsules open revealing the black seeds. Properties of this plant have been critically examined and studied all around the world. What makes the seeds so effective is that it holds a special complex blend of ingredients: Thymoquinone (TQ) and Thymohydroquinone (THQ) – as well as Omega 3, 6, and 9 – more explanation on the ingredients:

‘Properties and Nutritional Values page.’ The seeds are similar in appearance to traditional black sesame seeds and have known culinary uses – popular in Indian and Middle Eastern cuisines. They taste like a combination of onion, black pepper, and oregano – bitter taste and smell.

The process of turning the seed into an oil is simple and natural. A mechanical press starts by pressing the seeds in a barrel, creating friction and pressure. The pulp (oil) then falls through tiny holes in the bottom of the barrel where it is harvested and enjoyed. This process of using a mechanical press instead of other methods, (such as chemically extracting and tainting the oils) preserves the process of extraction from impurities, contaminants, and additives.

The predominate point to be understood about Black Seed Oil is that it should be regarded as part of a holistic regimen – ideally incorporated into everyday life for a healthy and balanced lifestyle.

The nutritional ingredients and healing properties contained in the oil help build a strong immune system over time and supply it with natural resources to help prevent and fight natural-born illnesses.

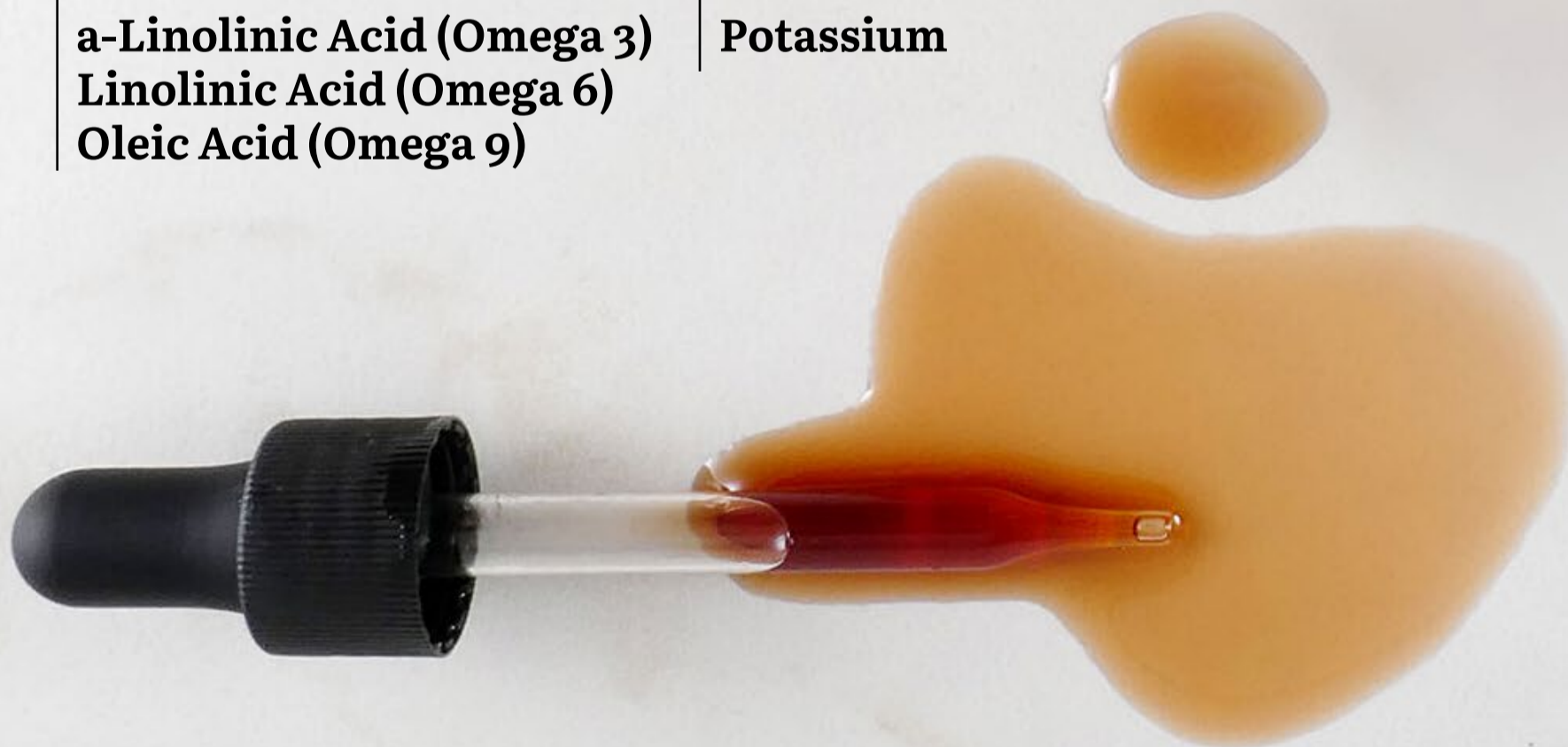
# Properties, Ingredients, and Nutritional Values

Black Seed Oil holds a complex blend of ingredients: Thymoquinone (TQ) and Thymohydroquinone (THQ). These are the two major pillars that are responsible for the many benefits discovered above; as well as supporting general bodily health and immune system.

Thymoquinone (TQ) is a potent antioxidant derived from *Nigella Sativa* that has been responsible for eradicating many cancers. This is one of the most important and powerful ingredients in Black Seed Oil. It works by inhibiting the formation of undesirable tissue cells (prostaglandins) and controls inflammation as well as bacteria growth. Its properties help fat metabolism and overall body detoxification. It is well-known for its antioxidant, anti-inflammatory, and anticancer properties.

**Thymol**  
**Thymoquinone**  
**Thymohydroquinone**  
  
**a-Linolenic Acid (Omega 3)**  
**Linolenic Acid (Omega 6)**  
**Oleic Acid (Omega 9)**

**Vitamin B1 B2 B3**  
**Calcium**  
**Sodium**  
**Iron**  
**Potassium**



Thymohydroquinone (THQ) is one of the most potent and natural inhibitors on the planet. This ingredient stops enzyme activity and increases the amount of time and the amount of neurotransmitter acetylcholine remains active in the brain. These inhibitors are used to treat apathy, Alzheimer's, autism, glaucoma, dementia, and schizophrenia – and other mental medical implications. It has also shown to treat symptoms of many chronic diseases.

Black Seed Oil contains 15 amino acids – including 8 of the 9 essential amino acids that the body needs to be healthy on a daily basis. These amino acids help improve blood flow, boost the immune system, and stimulate the release of insulin.



# Benefits of Black Seed

The most exciting part of *Nigella Sativa* is discovering all the numerous benefits that the miracle oil brings. We now know the origins, uses, and capabilities of this oil; as well as the peace of mind and purity it brings – it is now time to understand the many health benefits.

Although the benefits reviewed throughout this eBook may be eye-opening and exciting, it is also important to deviate from a lifestyle of abuse and mismanagement of our precious bodies. On a daily basis, our bodies are ridiculed with hormones in meats, chemicals in daily products, and pollution. Think of our bodies as a giant sensitive filter; absorbing and processing the ingredients and materials we put in it. Every day, more people fall victim and ingest harmful ingredients. It is crucial to follow a healthy lifestyle with plenty of exercise and a monitored diet with enough fruits, vitamins, and water.

From high amounts of essential fatty acids to essential and natural antioxidants, over 100 chemical compounds and components in Black Seed Oil have been discovered and studied by scientists – many of these benefits fathom scientists. It is due to the numerous ingredients that we are able to benefit so greatly from Black Seed Oil. Many, not all, of Black Seed Oil benefits are listed below:

## **Anti-bacterial**

Studies on *Nigella Sativa* have found that the oil is more effective against fighting families of bacteria such as E.Coli, (a common bacteria agent found in undercooked meats) than five leading antibiotics: ampicillin, tetracycline, cotrimoxazole, gentamicin, and nalidixic acid. In light of the findings, the oil has also proved to be effective in relieving digestive and bowel complaints. This oil is also highly effective against bacterial, fungal, and viral infections.

### **Anti-inflammatory**

Nigella Sativa has been shown to be effective in relieving the effects of arthritis. Studies suggest the oil's properties as well as unsaturated fatty acids are responsible for anti-inflammatory reactions in cells.

### **Anti-tumor**

Studies conducted on laboratory rats conclude that Black Seed Oil exerts potent properties that inhibit tumor development and cell proliferation. Thymoquinone is powerful and anti-cancer by nature. Anti-tumor properties extend to prostate, pancreas, lung, and stomach. The Kimmel Cancer Center at Thomas Jefferson University in Philadelphia found that Nigella Sativa Oil blocked cancer cell growth and enhanced the process of cell death. They found the study to be beneficial for individuals who are at a high risk of developing cancer.

### **Anti-histamine**

Histamine is a substance released by bodily tissues, sometimes creating allergic reactions and it is associated with conditions such as asthma. Black Seed Oil has shown that it decreases the uptake of calcium in cells, which inhibits the release of histamine.

### **Anti-parasitic**

Black Seed Oil has been a good therapeutic agent against Plasmodium and shown to relieve parasitic activity in lab mice.

### **Anti-oxidant**

Studies have shown that consuming Black Seed Oil increase enzyme activity. It also works to restore the activity of red blood cells.

### **Anti-anxiety**

Black Seed Oil has shown to decrease anxiety and stabilized overall mood. It also improves overall cognition, attention, and memory. Anti-depressant and anti-fatigue effects have also been reported.

### **Immune System Strengthening**

Studies have shown that ongoing dosages of Black Seed Oil play an important role to enhance human immunity. Black Seed Oil has shown to enhance the ratio between helper T-cells and suppresser T-cells and overall cell activity.

These benefits are a great and practical immune enhancer and have shown to play an important role in treatment of cancer, AIDS, and other disease conditions associated with immune deficiency states. Oral ingestion improves the ability of macrophages to destroy invaders and cytotoxicity.

### **Promotes Lactation**

Black Seed Oil increases the milk output of breast feeding mothers. This is mainly attributed to a combination of lipid protein and hormonal structures found in black seeds.

Overall, Black Seed Oil has been known to help fight cancer, promote liver health, and combat many diseases. It also works to aid weight loss, protect skin, hair and nails, and balance cholesterol.



# Research, Dosage and Traditional Uses

Below is an accumulation of studies gathered from various scientific studies. They represent accurate clinical trials on individuals for several ailments, diseases, and problems. Some of the remedies mentioned below come from various testimonies based on traditional uses of Black Seed Oil, which have not yet been thoroughly examined by the scientific community.

## Uses & Applications

### Allergies/ Sinus Infections

Consume one teaspoon twice per day.

Allergies refer to the stresses and overstimulation of the body's immune system. These stresses, caused by antigens, stimulate a reaction. A summary of four individual studies conducted 66 males and females aged 18-44 for a trial period of 1-6 months, concludes: persons with allergic rhinitis were able to reduce all subjective parameters of allergies (sneezing, runny nose, itching, and congestion). An increase in macrophage killing activity and phagocytosis also occurred within the subjects.

[View Study](#)

### Acne

Consume one teaspoon twice per day. Mix one teaspoon of Black Seed Oil in hot water of vaporizer, use on skin twice per day.

### Asthma

Add 5 drops of oil to 1 liter of hot water and inhale the steam/vapor. Repeat twice a day.

Asthma is a disease that results from inflammation and soreness of the airways. It creates hypersensitivity, irritation, and reduced airflow to the lungs. Supplementation of Nigella Sativa Oil for a period of 3 months on 29 asthmatic males and females resulted in the reduction of all symptoms and improvement of pulmonary function. The benefits mimicked the results of anti-asthmatic medication. [View Study](#)



## **Baldness**

Rub oil on roots and area(s) with baldness. Repeat every day.

## **Blood Pressure**

Consume one to two teaspoon(s) with warm/hot water twice per day.

Blood Pressure is hypertension caused by the consistent force of blood against the walls of blood vessels. This can cause harm by increasing the workload of the heart and blood vessels – making them work harder and less efficiently. A trial study conducted on 103 male and females aged 30-64, with supplementation of 100-200mg of Black Seed Oil for two months, resulted in modestly reduced blood pressure (1-2mmHg, systolic and diastolic). [View Study](#)

## **Lung Cancer**

Consume one teaspoon of oil with honey twice to three times per day.

## **Cancers/ Tumors**

### **Study – Cytotoxicity of Nigella Sativa Seed Oil Against Human Lung Cancer Cell**

Nigella Sativa, known as a tradition medicine to treat many diseases, bacterial activities, and inflammation, was presented in a study designed to investigate it against a human lung cancer cell. The cells were exposed to 0.01 to 1.0 mg/ml of seed extract and seed oil for 24 hours. The cell's viability was assessed and recorded. The data recorded revealed that the treatment of seed extract and seed oil of Nigella Sativa significantly reduced the viability of human lung cancer cells. [View Study](#)

## **Breast Cancer**

### **Study – Breast Cancer Cells Treated with a Methanolic Extract of Nigella Sativa Seed**

Nigella Sativa, known as a herb used in alternative and complementary medicines, was studied with the objective of gaining further insight into the mode and mechanism of death caused by breast cancer cells. Human breast cancer cells were treated with an extract of Nigella Sativa (50 ul/mL and 100 ul/mL) for 24 hours, 48 hours and 72 hours intervals. The results revealed Nigella Sativa potentially representing an alternative source of medicine for breast cancer therapy. [View Study](#)

## **Leukemia**

### **Study – Thymoquinone inhibits murine Leukemia Cells**

Thymoquinone is an active ingredient isolated from Nigella Sativa. The study concentrated the effects of Thymoquinone on mice injected with cells indicated by the decrease in the body, spleen, and liver weight of the animal, as compared to the control. In conclusion, Thymoquinone promoted natural killer cell activities and study of the spleen and liver confirmed that Thymoquinone inhibited the cancerous cell growth in the mice. [View Study](#)

## **Pancreatic Cancer**

### **Study – Thymoquinone Overcomes Effects of Gemcitabine-insensitivity in Pancreatic Cancer**

The main challenge for pancreatic cancer treatment remains gemcitabine-insensitivity. This study focuses on the potency of Thymoquinone and evaluation of viability of cell viability, tumor weight, and pancreatic cell activity. The conclusion of this study is that Thymoquinone pretreatment can enhance the anti-cancer activity of gemcitabine and may be a promising option in the treatment of pancreatic cancer. [View Study](#)

## **Cervical Cancer**

### **Study – Thymoquinone is more potent than Cisplatin (Chemotherapy Medicine) in Elimination of SiHa (Cervical) Cancer Cells via Apoptosis**

Thymoquinone exhibited cytotoxic effects in several cancer cell lines – in this study SiHa (Cervical) cancer cells were investigated. The cells were incubated for 72 hours and results concluded Thymoquinone was more cytotoxic towards SiHa (Cervical) cancer cells as compared to traditional chemotherapy medicines (Cisplatin). [View Study](#)

## **Colon Cancer**

### **Study – Mechanism of Action of Nigella Sativa on Human Colon Cancer Cells**

Colorectal (Colon) cancer is one of the leading causes of death in the world. Extracts of Nigella Sativa demonstrated inhibition of cancer cells and induced apoptosis. DNA laddering and comet assays were carried out to confirm the apoptogenic effects. The findings conclude extracts of Nigella Sativa may be a valuable treatment of colon cancer. [View Study](#)

## **Candida**

type of fungus (yeast) that lives in the body, such as the mouth, stomach, and skin. Normal amount does not cause issues.

### **Candida Study – Evaluation of the Inhibitory Activity of Thymoquinone in Combating Candida**

This study focused on assessing the inhibitory effects of Thymoquinone against Candida. Eight groups, with varying concentrations of Thymoquinone and two methods were applied to measure the means – the slide count and the serial dilution test. The results suggest that group 8 was significantly lower which may suggest Thymoquinone may be effective in preventing Candida adhesion. [View Study](#)

### **Candida Study – Anti-Candida Activity of Some Iranian Plants**

This study assesses the anti-Candida activity of the essential oils of five Iranian medicinal plants to determine the different components of the essential oils. The effects of the essential oils were compared to reference drugs using a diffusion method. The study concludes a strong anti-zeylanoides activities, which strengthen the potential use of these substances for the treatment of candidiasis. [View Study](#)

### **Cardiovascular Health**

Take half-teaspoon of the oil with warm/hot water. Drink in the morning before breakfast.

### **Cardiovascular Study – The Effect of Thymoquinone on Isoproterenol Induced Myocardial Injury**

Thymoquinone administered orally to three groups of albino rats for seven days, while two control groups were given plain olive oil. The study found Plasma LDH, TBARS and GR increased in control groups receiving isoproterenol. The results also revealed that Thymoquinone protects the heart from injury induced by isoproterenol. [View Study](#)

### **Cardiovascular Study – A Potential Natural Protective Agent Against Cardiac Dysfunction in Patients with Type 2 Diabetes**

This study's objective was to find the effect of Nigella Sativa on cardiac functions in Type 2 diabetic patients. Sixty patients with uncontrolled diabetes and no known cardiovascular implications were recruited. Two groups were formed. Hemoglobin (HbA1c) decreased significantly in the group being treated with Nigella Sativa, no changed showed for the control group. The study concludes Nigella Sativa supplementation may protect the hearts of Type 2 diabetic patients from diastolic dysfunction while improving LV systolic function. [View Study](#)

## **Cardiovascular Study – The Cardiovascular Actions of the Volatile Oil of the Black Seed (Nigella Sativa)**

The effects of Volatile Oil of Nigella Sativa on arterial blood pressure of rats was investigated and the effects were compared with those of Thymoquinone. Dosages administered on rats decreased the arterial blood pressure. The results also seem to show the oil of Nigella Sativa possessing the potential of being a potent centrally acting antihypertensive agent. [View Study](#)

## **Cholesterol**

Consume one teaspoon twice per day for several weeks.

Include Vitamin E as dietary supplement.

Cholesterol is fatlike/ waxy substance that are essential building block for the body. High amounts of cholesterol can be deposited in the lining of artery walls which decreases the amount of blood flow and leads to many cardiovascular diseases. In a 4-week long study on 88 overweight males and females with high cholesterol, aged 18-64, supplementation of 2g Nigella Sativa Oil resulted with modest reduction in total cholesterol and LDL-C. The reductions reached nearly 17%

[View Study](#)

## **Cold, Flu, Fever**

Consume one teaspoon twice per day. Apply few drops in nostrils for nasal congestion relief. Mix a teaspoon of Black Seed oil with a cup of boiled mint tea.

## **Constipation**

Consume one teaspoon with warm water twice per day.

## **Cystic Fibrosis**

Massage chest with oil. Consume one teaspoon with warm water or honey twice per day.

## **Cystic Fibrosis Study – Anti-Inflammatory and Anti-Oxidative Effects of Nigella Sativa**

This study investigated the anti-inflammatory and anti-oxidant activity of Nigella Sativa in acute inflammation. Treatment groups received Nigella Sativa (500mg/kg) and essential oil (5ml/kg) orally. The study found inflammation to decrease in the treated groups. Nigella Sativa is found to have therapeutic and antioxidant effects. [View Study](#)

### **Diabetes**

Consume one teaspoon with water twice per day. Consume little carbohydrates and no sugar. Caution: Black Seed Oil may lower blood sugar levels.

Diabetes occurs when blood sugar, the main source of energy from foods we eat, is too high. Insulin is a hormone made by the pancreas, which helps energy from food; get into cells, for energy. Overtime, having too much glucose in the blood can cause health problems. In a 3-month supplementation of Nigella Sativa Oil in 2g dosages in Type II diabetics associated with 1.9% reduction in blood glucose levels. It has also been found to accelerate pancreatic proliferation. [View Study](#)

### **Diarrhea**

Mix 1 or 2 teaspoon with yogurt twice a day until diarrhea is gone. Black Seed Oil may also be mixed into a cup of black tea, once in the mornings.

### **Digestion, Cramps, Constipation**

Consume one teaspoon with warm water twice per day.

### **Dry Cough/ Mouth**

Consume one teaspoon with warm water twice per day.

### **Eczema**

Consume one teaspoon twice per day. Apply on affected area, leave for one to two hour(s).

Eczema is a common condition where the skin becomes rough, red, and itchy. Although the source of the is unknown, some

doctors conclude it is an indication of the immune system working too hard. Some common triggers include: dust, animal dander, and sweat. Supplementation on 29 males and females aged 18-44 for 1-6 months resulted as an immune booster and in a reduction of all allergic symptoms attributed with eczema (itching, inflammation, redness). [View Study](#)

### **Gas, Bloating, Flatulence**

Consume one teaspoon with water twice per day.

### **General Health**

Consume one teaspoon twice per day.

**General Health / Well Being** is measured by aches, weakness, laziness, forgetfulness, sleepiness, low libido, and appetite, etc. Overall well-being is the accumulation of all factors of life that include healthful diet, exercise, health screenings, mental health, and physical health. A 6-month long study conducted on males aged 30-44 with supplementation of Nigella Sativa Oil (1.5g) twice daily, eradicated most subjective complaints (aches, laziness, forgetfulness, sleepiness, low libido, and appetite, etc). Overall improvement in body weight and other biomarkers of health were statistically significant. [View Study](#)

### **Hair/ Beard Growth**

Massage oil into hair/ beard reaching to hair roots. Leave on for one to two hours or rinse after.

### **Headaches/ Migraines**

Consume one teaspoon twice per day. Rub oil on temples of head.

### **Heartburn**

Consume one teaspoon with warm water twice per day.

### **Hepatitis C Study – Effects of Nigella Sativa on Outcome of Hepatitis C in Egypt**

This study aimed to evaluate the safety, efficacy, and tolerability of Nigella Sativa in patients with Hepatitis C, not eligible

for interferon. Thirty patients with Hepatitis C virus infection were assessed at baseline before and after the study based on the following clinical parameters: complete blood count, liver function, renal function, plasma glucose and total antioxidant capacity. Nigella Sativa was administered for three successive months at a dose of (450mg) three times daily. This study concluded that administration of N. Sativa in patients with HCV was tolerable, safe, and decreased viral load. [View Study](#)

### **HIV Study – Concoction Induced Sustained Seroreversion in HIV Patient**

This study highlighted the complete recovery and sero-reversion of an adult HIV patient after treatment with Nigella Sativa for a period of six months. The patient had a history of chronic fever, diarrhea, weight loss and multiple papular pruritic lesions of 3-month duration. The patient was commenced on Nigella Sativa concoction 10 ml twice daily for 6 months. Pre-treatment viral load and CD4 count of 27,000 copies/ ml and CD4 count of 250 cells/mm respectively. Post-therapy, the CD4 count decreased to 650 cells/mm with undetectable viral HIV-RNA load. This case reports possible therapeutic agents in Nigella Sativa that may control HIV infection. [View Study](#)

### **HIV Study – Therapeutic Effects of Nigella Sativa on Chronic HAART-induced Hyperinsulinemia in Rats**

Prolonged use of highly active antiretroviral therapy (HAART) is associated with insulin resistance in HIV-1 positive patients. Black seed oil was investigated for 7 months on rats treated with a daily HAART regimen. This study concluded that dietary supplementation of Black seed oil may prevent the deleterious effects of HAART – which dysregulates both insulin production and insulin action. [View Study](#)

### **HIV Study – Protection with Thymoquinone: Protease Inhibitor Oxidative Stress Suppresses Glucose Stimulated Insulin Release**

Highly Active Antiretroviral Therapy (HAART) has reduced



the mortality rate in HIV patients, however, long term exposure is associated with metabolic syndrome manifesting cardiovascular dysfunction, lipodystrophy, and insulin resistance syndrome. HAART also dysregulates both insulin production and insulin action. The findings of this study suggest that Thymoquinone may be used as a potential therapeutic agent to normalize the dysregulated insulin production. [View Study](#)

### **Inhalation Relief**

Add 5 drops of oil to 1 liter of hot water and inhale the steam/vapor. Repeat twice a day.

### **Inflammation**

Apply/ massage on area, if external. Consume one teaspoon twice per day, if internal.

Nigella Sativa Amliorates Inflammation and Demyelination in the Experimental Autoimmune Encephalomyelitis Wistar Rats Multiple Sclerosis (MS) is a major disease of the central nervous system (CNS). Experimental Autoimmune Encephalomyelitis (EAE) is a well-established animal model of MS. This study administered Nigella Sativa daily orally (2.8 g/kg body weight) on rats with EAE. This study found Nigella Sativa as suppressing agent for inflammation and reduced the expression of transforming growth factor beta, observed in EAE-induced rats. The results conclude Nigella Sativa seeds as being a promising agent in both protection and treatment of EAE.

[View Study](#)

### **Anti-Inflammatuar and Anti-Oxidative Effects of Nigella Sativa**

Diseases such as cystic fibrosis, allergies, and cancer are linked with inflammation – which can also induce gene mutations and modifications of cancer related proteins. This study used Nigella Sativa, and its effects of antibacterial, antitumor, and antifungal against acute inflammation. Nigella Sativa (500 mg/kg) and essential oil (5 ml/kg) were administered orally to treatment groups after 24-hour injection of LPS. This study found MDA levels were decreased in treatment groups, whereas inflammation groups increased.

The results of this study conclude that Nigella Sativa has therapeutic and anti-oxidant effects. [View Study](#)

### **Comparison of Anti-Inflammatory Activity of Nigella Sativa and Diclofenac Sodium in Albino Rats**

This study compared the anti-inflammatory effect of ethanolic extract of Nigella Sativa seeds with that of diclofenac sodium in albino rats. Ninety male albino rats were injected with five percent formalin (50 ul) to produce inflammation. The rats were randomized into three groups – control group, Nigella Sativa extract group, and diclofenac sodium group. The results concluded Nigella Sativa seeds extract caused significant reduction in inflammatory response in albino rats and the duration was longer than the effect caused by diclofenac sodium. The study concludes Nigella Sativa possessing potent anti-inflammatory effects in albino rats, however, the effect is comparatively less but prolonged than that of diclofenac sodium. [View Study](#)

### **Insomnia/ Sleeping**

Consume one teaspoon with warm water twice per day.

### **Intestinal Study – Beneficial Effects of Nigella Sativa Oil on Intestinal Damage in Necrotizing Enterocolitis**

This study focused on determining the beneficial effects of Nigella Sativa oil (NSO) on rats with intestinal inflammation and intestinal cell disease or Necrotizing Enterocolitis (NEC). Thirty rats were divided into three groups as NEC, NEC + NSO, and control. NEC was introduced by feeding formula and NSO group was administered doses of 2 ml/kg daily. The NEC + NSO group had better clinical sickness scores and weight gain as compared to NEC group, signaling Nigella Sativa oil significantly reduced the severity of intestinal damage in NEC.

[View Study](#)

### **Liver Health**

Consume one teaspoon with warm water twice per day.

### **Memory (Dementia)**

Consume one teaspoon twice per day, improves sharpness, cognition, and attention.

Memory refers to the process of acquiring, storing, retaining, and later retrieving information. The three parts to memory are: sensory, short-term, and long-term memory. A study conducted over the course of nine weeks with healthy elderly persons, showed that the supplementation of 500mg of Nigella Sativa Oil twice a day, improved overall performance in logical tests. [View Study](#)

### **Muscle Cramps/ Spasms**

Massage on area. Consume one teaspoon twice a day.

### **Osteoporosis Study – Nigella Sativa Osteoporosis in Ovariectomized Rats**

This study, conducted on Osteoporosis (a skeletal disorder which compromises bone strength) focused on elucidating the effect of Nigella Sativa on Osteoporosis in rats. Three groups of rats, aged 12-14 months, were administered and compared. Examination of bones concluded that the rat group with Nigella Sativa administered showed reversing effects of Osteoporosis.

[View Study](#)

### **Premature Hair Graying**

After shower: apply/ massage in clean hair. Leave for one/ two hours, then rinse.

### **Psoriasis**

Consume one teaspoon twice per day. Apply oil to affected area mixed with 60mL of lemon juice. Leave for one to two hours then rinse.

## **Rheumatoid Arthritis**

### **Arthritis Study – Immunomodulatory Effect of Nigella Sativa Oil on T Lymphocytes in Patients with Rheumatoid Arthritis**

This study aimed to investigate the effects of Nigella Sativa on selected T Cell subset percentage in females with rheumatoid arthritis (RA). Forty-three female patients aged 20 to 50 years with mild to moderate RA were recruited and assigned to receive one gram of Nigella Sativa oil – percentages of CD4 were calculated to determine improvement. The study found Nigella Sativa as a viable clinical modulator of Rheumatoid Arthritis. [View Study](#)

## **Scars**

Apply/ massage on scarred area. Leave for one to two hours. Repeat twice per day until scarring reduces.

### **Intra-Abdomen Scarring Study – Intraperitoneal Nigella Sativa for Prevention of Postoperative Intra-Abdominal Adhesion in Rats**

This study evaluated Nigella Sativa administration on the prevention of postoperative intraperitoneal adhesion (PPA) on rats. Two forms of Nigella Sativa were used in this study – volatile oil (NSVO) and ethanolic extract (NSEE). Using one control group, one NSVO group, and one NSEE group, fifty rats were randomly assigned to the three groups. The study concludes NSEE having a possible effect in prevention of PPA.

[View Study](#)

### **Intra-Abdomen Scarring Study – Effect of Nigella Sativa Oil on Postoperative Peritoneal Adhesion Formation.**

This study aimed to evaluate the effect of Nigella Sativa oil (NSO) on postoperative peritoneal adhesion formation twenty-four female rats. Three groups of eight rats were evaluated and compared – group 1 injected with 1 ml of Nigella Sativa Oil, group 2 with no injection of NSO, and group 3 an adhesion model was created and areas was covered with NSO. The results of the study found Nigella Sativa as being effective in decreasing peritoneal adhesion formation. [View Study](#)

## **Sinusitis Study – Natural Therapeutic Approach of Nigella Sativa Fixed Oil in Management of Sinusitis**

This study focused on Sinusitis and the effect of Nigella Sativa. According to the results of many clinical studies conducted on Nigella Sativa and its effect on Sinusitis, patients suffering from inflammation of sinuses, respiratory airways, and other clinical symptoms of sinusitis such as coryza, nasal congestion, headache, neck pain, etc., are able to moderately be relieved of these symptoms – according to the accumulation of many studies gathered. [View Study](#)

### **Skin Complexion/Infection**

Clean face and/ or skin well. Massage oil on surface. Leave for one hour then rinse.

## **Skin Infection Study – Anti-microbial Effect of Nigella Sativa Seed Extract Against Staphylococcal Skin Infection**

Summary: This study compared Nigella Sativa against the effects of a standard drug in treating skin infections. The recovery time was assessed between two experimental groups and compared randomly to control groups. The study concluded the extract was nearly as effective as the standard drug (mupirocin) and no side effect was observed. [View Study](#)

## **Skin Infection Study – Influence of Nigella Sativa Fixed Oil on Some Blood Parameters and Histopathology of Skin in Staphylococcal-infected Mice.**

This study assessed the healing efficacy of Nigella Sativa extract on infected skin. Separate groups of male mice, infected with Staphylococcal, were treated with sterile saline, chloramphenicol, and Nigella Sativa, respectively. Total white blood cells were measured. The results indicated that Nigella Sativa seeds enhances the healing of Staphylococcal-infected skin. The results conclude Nigella Sativa as a traditional medicine to treat skin infections and inflammations. [View Study](#)

## **Stings**

Apply and massage on stung area. Repeat twice per day.

## **Upset Stomach/ Nausea**

Consume one teaspoon twice per day with warm water. Mix one cup of milk with a teaspoon of Black Seed Oil and take twice a day.

## **Vitamins/ Minerals**

Consume one teaspoon twice per day for good source of Vitamin B1, B2, B3 – calcium, sodium, iron, and potassium.

## **Weight Loss**

Consume one teaspoon twice per day. Combine with exercise.

## **Obesity Study – Effect of Nigella Sativa Oil with a Low-Calories Diet on Cardio-metabolic Risk Factors in Obese Women: Randomized Controlled Clinical Trial**

This study aimed to determine the effects of Nigella Sativa oil with low-calorie diet on cardio-metabolic risk factors in obese women. The body mass indexes (BMI) of female participants aged 25-50 years old were measured and compared. A Placebo group and Nigella Sativa group were compared. The participants were assigned to receive 3 g per day for 8 weeks. The study concluded that Nigella Sativa concurrent with low-calorie diet can reduce cardio-metabolic risk in obese women.

[View Study](#)

## **Obesity Study – Oxidative Stress Responses to Nigella Sativa Oil Concurrent with a Low-Calorie Diet in Obese Women: Randomized, Double-Blind Controlled Clinical Trial**

This study aimed to determine the effects of Nigella Sativa on fifty obese women. Participants followed a low-calorie diet with 3 g/day of Nigella Sativa for 8 weeks. A placebo group and a treated group were compared. Nigella Sativa oil concurrent with a low-calorie diet decreased weight and increased SOD levels in obese women. [View Study](#)

## **Weakness (Lethargy)**

Consume one teaspoon with water or honey twice per day.

All of these nutritional benefits, uses, and remedies are safe for home-use. Consistently using Black Seed Oil will promote strong immunity, good health, and high potency in addressing many chronic illnesses. Once started, it is also important to continue consuming for consistent and noticeable results. Black Seed Oil may also be used as a preventative tool to help mitigate and avoid illnesses before they arise.

It is important to remember that many of our health problems stem from mostly the same place: infections from micro-organisms, like bacteria. Black Seed Oil helps to effectively filter the body of bacteria – acting as an anti-bacteria regimen.

It also works to stabilize and strengthen the natural human immune system which is essential in the times when the body is weak or sick.

Many describe the oil as being: energizing and in general medicine, this oil is used as a stimulant that enhances overall metabolic wellness – helping our bodies function optimally and effectively.

All of these benefits are numerous as well as exciting. Black Seed Oil has long provided a natural alternative to pharmaceutical (chemical) medicines. And the broad range of applications makes it immensely valuable to us.


# HOME REMEDIES

Many people have a difficult time overcoming the taste of Black Seed Oil. Below are common black seed blends used for a variety of situations and purposes. It is important to follow the ingredients accurately and for the prescribed amount of time.







# For General Health



**4** teaspoons **Black Seed Oil**  
**3** tablespoons **Honey**  
**2** tablespoons **Ginger juice**  
**1/4** cup chopped **Nuts** (walnuts, almond, or pistachios)



Stir ingredients in a bowl and consume **2 tablespoons** of this mixtures **daily**. Once in the morning and once in the evening.



# For Inflammation & Gut Health



1 teaspoon **Black Seed Oil**  
2 teaspoons pure **Aloe Vera**  
Juice  
1 teaspoon **honey**



Mix ingredients together and  
drink on an empty stomach  
preferably 30 minutes to 1 hour  
before eating.





# For Weight Loss

**1/4** cup luke warm **Water**  
**1** teaspoon **Black Seed Oil**  
**1** teaspoon of **Cinnamon**  
**1** teaspoon of **Honey**

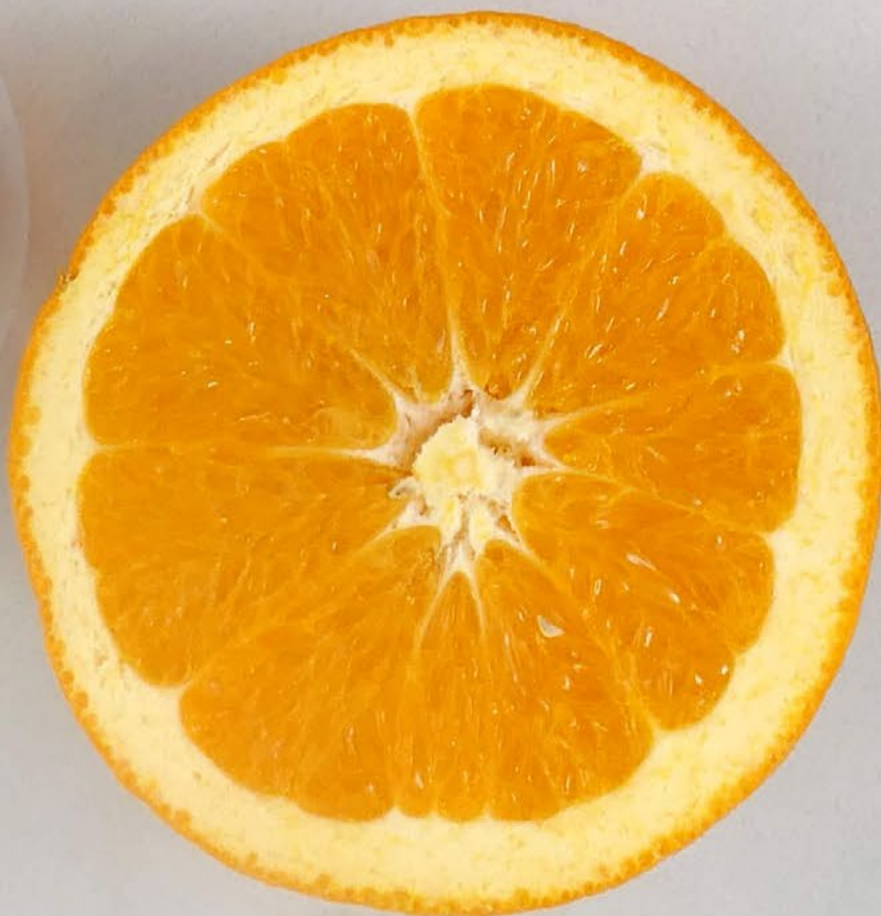
Consume twice daily with  
diet management



# For Tiredness & Weakness

1 teaspoon **Black Seed Oil**  
1 cup **orange juice**.

1 teaspoon **Black Seed Oil**  
Mix with one cup **orange juice**  
Consume before breakfast for a higher energy level.



# Sammaliving Black Seed Oil



For the recipes above, we used our own Black Seed Oil, which is **100% pure cold-pressed** and we have extensively tested it to have a **Thymoquinone** content of **1.5%**. One of the highest on the market.

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CITATIONS &  
RESOURCES

**“Black Cumin Seed Oil Benefits.”** Nigella Sativa, [www.nigella--sativa.com/black-cumin-seed-oil-benefits.html](http://www.nigella--sativa.com/black-cumin-seed-oil-benefits.html)

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