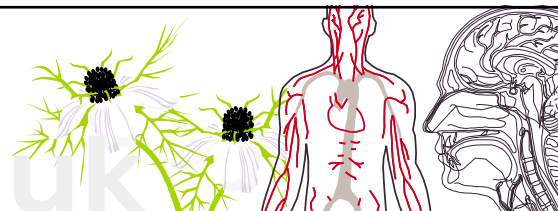


# BLACKSEED OIL



## DISEASES AND THEIR CURES

The Prophet (Peace Be Upon Him) told us about this effective medicine which can cure all disease, (God Willing). He was always truthful and his revelations are not due to caprice, but revealed to him by Allah (SWT).

He Said:

*'Use the black seed for indeed, it is a remedy for all disease except death'*

Sahih Bukhari 7:591

### BACK-ACHE & OTHER MUSCLE PAINS

Mildly heat some Black Seed Oil and then stroke the affected area intensely with the oil, together with a teaspoon (5ml) of Virgin Black Seed Oil to be drunk three times daily. Healing expected within a few weeks, Insha 'Allah.

### HEAD-ACHE

Rub the forehead and the sides of the face near the ears with Virgin Black Seed Oil then bandage the forehead. Also take a teaspoon (5ml) of Virgin Black Seed Oil, before breakfast.

### HYPERTENSION

Mix any drink with a teaspoon (5ml) of Virgin Black Seed Oil and also take two lobes of garlic every morning with breakfast. Rub the whole body with Black Seed Oil and expose to sun rays for half an hour once every three days.

### NERVOUS TENSION / STRESS

A teaspoon (5ml) of Virgin Black Seed Oil with a cup of tea or coffee helps to cool you down and eliminate symptoms of tension.

### STOMACH PROBLEMS

Drink a cup of milk with a teaspoon (5ml) of Virgin Black Seed Oil three times daily for five days. This should help cure the problem, Insha 'Allah.

### DIARRHOEA

Mix a teaspoon (5ml) of Virgin Black Seed Oil with a cup of yogurt. Drink the mixture twice a day for three days.

### COUGH & ASTHMA

Rub the chest with Black Seed Oil, drink a teaspoon (5ml) of Virgin Black Seed Oil morning, noon, & night, and inhale the vapour of Black Seed Oil mixed into hot water.

### DIABETES

Mix a cup of water cress seeds with a cup of Whole Black Seed, half a cup of pomegranate peel, and half a cup of Fumitory. Grind the mixture to powder. Take half a teaspoon of the mixture together with a teaspoon (5ml) of Virgin Black Seed Oil daily before breakfast for one month.

### HEART DISEASE

Drink Virgin Black Seed Oil regularly with any hot drink. This dissolves fats and dilates veins and arteries.

### GALL & KIDNEY STONES

Grind 250 g of Whole Black Seeds thoroughly and mix with 250g of Pure Honey. Take two tablespoons of this mixture in half a cup of hot

water. This mixture is to be taken daily before breakfast together with a teaspoon (5ml) of Virgin Black Seed Oil.

### SEXUAL IMPOTENCY

Mix 200g of ground Black Seeds with Olive Oil. 50 ml of Virgin Black Seed Oil & 50 ml of Olive Oil + 200g of pure Honey. Mix thoroughly and take a teaspoon after every meal. This will restore vitality, Insha 'Allah.

### MENINGITIS

Inhale the vapour of Virgin Black Seed Oil and drink two teaspoons (10ml) of Black Seed Oil with Lemon Juice in the morning and evening.

### VITILIGO & LEPROSY

Rub the affected area with Apple Vinegar and then with Virgin Black Seed Oil for fifteen days.

### LOSS OF HAIR

Stroke the scalp thoroughly with Lemon and leave for about fifteen minutes. Shampoo, wash and dry hair thoroughly. Then apply Virgin Black Seed Oil to the scalp & drink a teaspoon (5ml) of Virgin Black Seed Oil mixed with Tea or Coffee.

### INFLAMMATION OF THIGHS AND GROIN

Wash the inflamed region thoroughly with soap and water. Dry and rub with Virgin Black Seed Oil in the evening and leave until the next morning.

### FOR HEALTHY SKIN

Mix equally, Virgin Black Seed Oil with Olive oil. Rub the face with this mixture and leave it for one hour. Wash with soap and water.

### LAZINESS

1-2 teaspoons (5-10ml) of Virgin Black Seed Oil mixed with Orange Juice in the morning makes you active all through the day.

### MEMORY IMPROVEMENT

A teaspoon (5ml) of Virgin Black Seed Oil with 100 mg of boiled mint.

### RESTFUL SLEEP

A teaspoon (5ml) of Virgin Black Seed Oil mixed in a hot drink after supper gives you a quiet sleep all through the night. Insha 'Allah.

**PLEASE NOTE** - Children under 12 should take half the adult dosage. Not recommended for children under five.