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Cayenne Pepper Health Benefits

Mr Nigel Thomas

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Cayenne Pepper - the natural way to achieving good health I have written this book as a follow on from my other two successful books on Cayenne Pepper - Cure Sore Throats, Colds and Coughs with Cayenne Pepper and How to Lower High Blood Pressure using Cayenne Pepper. I decided to write this book because I realised so many people were looking for a more natural way to treat their health problems. The health benefits of cayenne pepper have been known about for thousands of years and can cure a multitude of different ailments and symptoms, plus it is totally natural. That is why it is quite rightly called a miracle cure - but not enough people know about this little miracle. That is why I have tried to show you all the different benefits that can be found in cayenne pepper. Or as Dr. Richard Schulze, the famed medical herbalist put it, - "If you master only one herb in your life, master cayenne pepper. It is more powerful than any other." In this book you will learn how cayenne pepper can help heal such ailments as - Blood Pressure Arthritis Allergies Sinusitis Tooth Ache . . . . . and even Cancer I have included recipes for the different doses and mixtures and have even included a chapter on making your own cayenne infused oil and cayenne tincture. This is a GREAT book for anyone wanting to know more about Cayenne Pepper Health Benefits.

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