Black Seed: The Remedy For Everything But Death

Categories : Health/Fitness

Probably like you, I had never heard of 'black seed', but after a bit of research it does seem to have some very powerful medicinal properties, with numerous medical studies to back up the claims... In fact there is a historic quote that keeps popping up in relation to black seed "there is a cure for every disease in the black seed except death".

Black seed is actually nigella sativa (also called black cumin). Apparently there are over 40 medical conditions black seed can be used to treat (see the link below for details). If you suffer from one of these conditions, it may be worth doing some further research about black seed and discuss it with your doctor. Always check with your doctor before trying herbal remedies as many can interfere with prescription medicines. Find out more about black seed below.

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(Image from: Green Med Info)