

# Capsicum

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The International Herb Association has chosen capsicum as herb of the year for 2016. There are hundreds of species of capsicum and they range from the mild sweet pepper to the very hot types like habanero. They also include many different varieties such as paprika, chili peppers, sweet bells and pimento to name a few. On the School of Natural Healings 100 Herb List is cayenne pepper (capsicum anuum). The heat units of cayenne pepper range from 30,000 to 50,000. They have an interesting way of measuring the heat units of capsicum. Click [here](#) for more information on this topic.

Dr. Christopher used cayenne in many of his formulas because it acts as a catalyst for all the herbs in the formula by carrying them to the effected part of the body and making them work better as a whole. He also recommended that it be taken as a daily supplement to increase circulation, equalize blood pressure and cut the mucus in the venous system. It is also recommended as a heart attack preventative along with the mucusless diet and a healthy lifestyle.



A common use of cayenne is a gastric stimulant and digestive aid. It rebuilds the stomach tissue, stimulates peristalsis and assists in assimilation and elimination. Cayenne also works powerfully to stop bleeding by placing the powder or tincture on an open wound. Count to 10 and the bleeding will have stopped. Take a teaspoon of cayenne powder in a glass of warm water for internal bleeding in the lungs, stomach, uterus or nose. This will equalize the blood pressure, taking pressure off the effected part so the blood can clot and stop bleeding. Dr. Christopher talked of many times when cayenne in warm water had stopped a heart attack in its tracks. He cleaned out his own arteries after he was examined and found out he had hardening of the arteries when he was in his thirties.

Cayenne is rich in vitamins A, C, B and is an excellent source of Vitamin E. It also contains calcium, phosphorus and iron. Cayenne has been used quite successfully for gastric ulcers, to prevent shock and for hemorrhoids. All of these situations would require it to be taken internally; 1 tsp in a cup of warm water. In the case of shock we have a recipe below for an anti-shock drink. It can be used for any type of shock including use during labor and delivery.

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