Black Seeds

(Nigella Sativa)

The Miraculous Healing Power for All Diseases

By Um Hurairah

Black Seeds

(Nigella Sativa)

The Miraculous Healing Power for All Diseases

Part I - A Comprehensive Review of Black Seeds

Part II - A Complete and Holistic Approach to Cancer

Part III - Healing Cancer Islamically with Black Seeds

Written by Um Hurairah

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http://nigellasativa.weebly.com

Dedication

This book is dedicated to all those who are sick and looking for life. This book is dedicated to those who supported me and helped me to see the truth and this book is dedicated to my dear sweet Mo who brought me to Jordan to learn how to help others live again.

I miss you MO.

Introduction:

Black Seed - The Blessed Seed for All Illness and Disease

Prophet Mohammad said, "There is healing in Black Seed for all diseases except death."

Black seed is also known as Nigella sativa, black cumin, kalonji, haba al barakah and gizhah. It has been used for over 2000 years as a relief for all disease and recently it has been studied extensively for cancer, skin disease and inflammation disorders.

Originally black seeds were used for migraines, allergies and acne disorders, but as scientist begin to realize its potential for curing cancer, the research began.

Pancreatic Cancer Research:

In 2008 Jefferson Kimmel Cancer Center studied the effect of Nigella sativa on pancreatic cancer tumor cells and discovered that they were able to annihilate or cause cell death on 82% of tumor cells. In addition to the positive results on pancreatic cancer, they found more results worth noting.

According to Hwyda Arafat, M.D., Ph.D., associate professor of Surgery at *Jefferson Medical College*of *Thomas Jefferson University,* "Nigella sativa helps treat a broad array of diseases, including some immune and inflammatory disorders. Previous studies also have shown anticancer activity in prostate and colon cancers, as well as antioxidant and anti-inflammatory effects."

The studies also showed potential positive results with prostate and colon cancers. Breast cancer also has been studied in separate research showing the ability to eradicate the cancer cells and provide chances for excellent health for many women worldwide. These results caused more and more places to research this simple black miraculous seed.

The Middle East frequently studies Nigella sativa and recently they showed positive results for skin disease and gastric ulcers. In both studies, again Nigella sativa was found to be successful.

According to the researchers at *Pakistan Journal of Biological Sciences*, "The results of this study revealed that fixed oil of Nigella sativa seeds might has potent bactericidal, anti-inflammatory, immune stimulating and/or antioxidant agents that improve healing of staphylococcal-infected skin in BALB/c mice, by inhibiting pathogenic growth and expansion, reducing inflammation and prevent tissue impairment.

These effects provide scientific basis for the use of Nigella sativa in traditional medicine to treat skin infections and inflammations."

In November of this year, Naheed Amir, Amina Al Dhaheri, Najla Al Jaberi, Fatma Al Marzouqi, Salim MA Bastaki *Department of Pharmacology and Therapeutics,* ***Faculty of Medicine and Health Sciences, UAE University, Al Ain, United Arab Emirates*****, studied** the effect ofNigella sativa, onion and garlic on gastric ulcers and the results showed that

Nigella sativa was just as potent as pharmaceutical medicines in the treatment of gastric ulcers.

It should be noted that the researchers used raw Nigella sativa that was boiled. In closing the researchers stated, "Boiling did not affect the protective effect of *Nigella sativa* on gastric ulcers," thus proving that heating the seeds does nothing to its composition.

Benefits of Nigella Sativa:

The world is simply astonished of the many benefits of Nigella sativa and the desire to find the best product grows. Besides healing cancer, there are many other benefits of black cumin, such as:

- Anti-hypertensive
- Anti-Tumor
- Anti-bacteria
- Anti-histamine
- Strengthens the immune system
- Anti-inflammatory
- Promotes lactation
- Anti-parasitic

Once you begin to study the effects of this miraculous seed, you will begin to realize that this gift from God was truly a mercy of unbelievable grandeur. I will be showing you many natural remedies, cures, treatments and ways to live a healthy and productive life. You have a right to live. You have a right to be happy.

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Part I - Comprehensive Guide to Black Seeds

CHAPTER ONE

What is Nigella Sativa?

Black seeds, also known as Nigella sativa, black cumin, kalonji seeds and haba al-barakah (Arabic phrase) have been used by people for thousands of years. Some associate black caraway with black seeds, but they come from two different plants and should be avoided. Nigella sativa is the only true black seeds. Kalonji seeds are found in India and haba al-barakah is the Arabic which is used in the Middle East for black seeds. Black seeds are commonly used in the kitchen also in many recipes.

Nigella sativa (black seeds), an annual flowering plant that grows to 20-30cm tall, is native to Asia and the Middle East. The flowers of this plant are very delicate and pale colored and white. The seeds are used in Middle Eastern cooking, such as in their local breads. The seeds are also used by thousands for their natural healing abilities.

Black Seed is considered to be the greatest healing herb of our time and it has been much neglected. It is being used to strengthen the immune system, fight and irradiate Prostate Cancer and other tumors, purify the blood and increase longevity. Black seed was found in King Tut's tomb, proving the value of this herb to the Kings.

Nigella sativa or black seeds is from the prophetic remedies. It was used by both Muslims and non-Muslims for thousands of years. The seeds were used by the ancient Romans in cooking and the Asian herbalist for many remedies, including migraines.

The name Nigella sativa comes from the Latin word, nigellus, meaning black. Nigella sativa is small black seeds, with a slightly rough texture and it has an oily interior.

Narrated Abu Hurairah: I heard Allah's Apostle saying "Use this Black seed; it has a cure for every disease except death." (Hadith of the Prophet from Sahih Bukhari)

Prophecy of the Black Seeds

Prophet Mohammad was quoted as saying, "There is healing in Black Seed for all diseases except death." It is also believed that honey was part of the blessed seed treatment. It was part of the tradition to put some honey and ground whole black seeds in the palm of your right hand and lick it up with your tongue. In the days of Prophet Mohammad there was no black seed oil.

Black Seed Oil Treasured by King Tut

Black seed oil was found in the tomb of King Tut proving that the important kings found value in this seed. It was a sign also that of all the gold and diamonds he possessed, black

seed oil was part of what he chose to take to the next life. The black seeds were found in his tomb also.

History of Nigella Sativa

To understand the history of Nigella sativa you need to know more of what has happened in the past. Black seeds can be traced back to over 3000 years.

Black seed has been used extensively as an herbal remedy and as a food condiment for thousands of years. It has an abundance of names and is most commonly referred to as black seed or black cumin seed in Western countries.

Mentioned in the Bible

Nigella sativa was referenced in the book of Isaiah of the Old Testament. It was called "ketzah." Ketzah was used for cooking and for a spice. Ketzah is a Hebrew word for black cumin or Nigella sativa. Isaiah compares the reaping of black cumin with wheat. “For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod.”(Isaiah 28:25, 27 NKJV).

Recommended by the Prophet Muhammad (Peace be Upon Him)

Prophet Mohammad (peace be upon him) stated, "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates that one should take the remedy daily and take it often and regularly.

Assyrian Herbal Book

An Assyrian herbal book explains black cumin seed as a remedy internally for stomach problems and externally for ears, eyes, mouth and many skin problems, such as itching, rashes and sores. Nigella sativa was also used for herpes.

King Tut's Tomb

The black cumin oil and seeds were found in King Tut's tomb proving how valuable it was. The honey and seeds were also found in the tomb indicating that this was a prescribed way he took this miraculous medicine. Cleopatra was also known to use the oil for her beauty and her health. Queen Nefertiti who was admired for her beauty, also used the black seed oil. Doctors and the Pharaohs used the black seed oil and the seeds to treat people with such ailments as: colds, headaches, digestive problems and allergies.

Used by all Naturopathic Masters

The blessed seed Nigella sativa was also used by Hippocrates in the 5th century B.C. He claimed that Nigella sativa was a valuable remedy in hepatic and digestive disorders. Pliny, the elder, used the seeds in the first century extensively and wrote in his "Naturalis Historia" (Natural History) about Nigella sativa and referred to it as “Git”.

Pliny used its remedy for scorpion stings and snake bites, callosities, tumors, abscesses and skin rashes (eczema). Due to its anti-inflammatory qualities, the seeds were used for head injuries.

Greek physician Dioscorides used the blessed seeds for a variety of ailments to include: intestinal worms, headaches, toothaches and nasal congestion. The seeds were also used as a diuretic, to increase milk production and to promote menstruation in women.

Appreciated in Ayurveda

Black cumin or Nigella sativa was appreciated for its many qualities and bitter, warming stimulant nature. In tradition and typology of the 3 doshas, black cumin reduces veta and kapha and increases pitta.

Black cumin was used for a wide variety of complaints, such as anorexia, certain disorders of the nervous system, discharge and venereal disease.

Nigella Sativa Used in Orient

Nigella sativa was used in the orient for stomach problems, diarrhea, flatulence, constipation, jaundice, dandruff, hair loss, skin care, congestion, dementia, infections, worms, menstrual problems and bronchial disorders.

In the 16th to 18th century the German Medical Encyclopedias, Hieronymus Boch, "New Kreutterbuch 1539 and Jacobus Theodorus Tabernaemontanus, and "The new Complete Herbal Book," all gave great respect to Nigella sativa.

The oil was used traditionally as others did, but now it was being used on dogs, cats and horses.

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CHAPTER TWO

Faith Healing and Spirituality Healing

Note: This is a religious backed philosophy. For those who do not care to know the religious side of Nigella sativa they may skip this page and read further on the research of this seed.

All medicine and its core are based on faith healing. If you go to the doctor, you believe that his injection, medicine or advice will heal you and that is what faith is all about. Islamic medicine is based on the same principals. Belief that Allah (God) has sent down this miracle cure (Nigella sativa) and that through faith and prayer you will be healed.

So before learning more about Nigella sativa (black cumin) you will need to understand more about Islam and how we received the revelation that it cures all disease except death. Also try to understand our second principal in Islam and that is that sickness brings relief from sin and the second cause of illness is by living an unhealthy lifestyle.

Allah gave us black seeds to save us from death and through my belief in his mercy and forgiveness, I am healed. I do not believe in doctors or pharmacy medicines, except in extreme circumstances. I believe that Allah will heal me and thus I take Nigella sativa every day.

I have been extremely sick in the past with many illnesses starting with Epstein Barr that led me to have dementia and MS. I have been saved every time by my belief in Allah and gizhah as we call it (Nigella sativa). Now I also believe that through my illnesses I have learned how to heal them and can help others.

Islam also states that anyone sick may seek the guidance and the medicine of a doctor. This is not forbidden and in case of extreme emergencies this should be done. Having faith that Allah will heal you does not mean that you lie in your death bed with agonizing pain and believe that a miracle angel will come and swoop you away on his winged horse.

Faith healing and its belief means that you have sought to follow the ways of Prophet Mohammad and his guidance and you put your trust in God for the ultimate healing. This is why it is so important to take Nigella sativa daily to improve your immune system and make your body prepared for any illness that may come your way.

I personally have seen miracles come my way and before beginning any routine I pray and ask for Allah's guidance. Each time he has shown me the correct procedure. I believe that there is a cure for any illness I had and I follow His guidance.

Healing Yourself

When you think of healing yourself naturally think of the dead and the very sick. Think of those who passed on and did not have the ability to know what you know today. Years ago when my sister and father died of brain cancer, I knew nothing about Nigella sativa. They like many in my family, more than 15, were at the mercy of their own doctors who filled them with chemotherapy and pharmaceutical drugs.

This is a prescription for death. I can hear the whispers now as some are healed by chemo. The news is that 1 out of 10 people are saved by chemo, but that it is indeed a death trap, in my opinion.

According to The McGill Cancer Center in Canada, 91 percent of oncologists surveyed indicated that "all chemotherapy programs are unacceptable to them and their family members." Instead of helping to treat cancer, chemotherapy destroys the only thing that even has a chance at preventing it: the immune system.

Funny how doctors are asking us to "Trust them" and yet they are referring their families to other measures when it comes to cancer. Ninety-one percent claim it is not acceptable? Well maybe they are using Nigella sativa which is acceptable?

This book is not about chemotherapy, it is about choice. You have the choice to be well and use a natural medicine that is proven to cure and treat many illnesses. You do not have to join the rank of those sick, diseased and dead!

Research

Now that you know more of the history of Nigella sativa, you need to learn about the research that has been done throughout the world. From the beginning Nigella sativa was used for headaches and simple problems, but others felt that there was more to Nigella sativa than was known, so the following documentation is on the research that has been conducted.

Nigella sativa was traditionally used for the promotion of good health and overall well being, but it was also being researched for many ailments, including fever, immune system, common cold, asthma, rheumatism, immune disorders, metabolic disorders, microbial infections, intestinal worms, cardiovascular complaints and headaches.

Therefore the normal or traditional uses for black seed have been the foundation for many of the studies made so far and have proven its popularity as a natural remedy for so many centuries in so many lands.

Anti-Inflammatory and Anti-Rheumatic

Drs at the King's College London, in 1995 tested black seed oils use for rheumatism and inflammatory diseases. Their study concluded that the traditional use of Nigella sativa as a treatment for rheumatism and related inflammatory diseases was correct.

In 1960, Professor El-Dakhakny reported that black seed oil has an anti-inflammatory effect and that it could be useful for relieving the effects of arthritis.

In 2002, at the Alexandria Medical Faculty, Alexandria, Egypt, also studied the effectiveness of nigellone and thymoquinone whereby his research partly explained the mode of action of black seed's volatile oils in ameliorating inflammatory diseases.

Drs at the Aga Khan University Medical College, Karachi, Pakistan in 2001 investigated the uses of black seed for its bronchodilator and spasmolytic qualities.

Their studies concluded that black seed's usefulness for diarrhea and asthma in traditional medicine appeared to be based on a sound mechanistic background.

Immune System Support

Besides taking Nigella sativa for ailments and diseases, Nigella sativa is taken for prevention and for a promoter of overall good health. Drs. Ek-Kadi and Kandil at I.I.M.E.R. Panama City, Florida in 1986 investigated how Nigella sativa affected the immune system. They studied a group of human volunteers who were given 1 gram of Nigella sativa twice a day.

They stated at the end of the study that "These findings may be of great practical significance since a natural immune enhanced like the black seed could play an important role in the treatment of cancer, AIDS, and other disease conditions associated with immune deficiency states."

Then again in another study published in the Saudi Pharmaceutical Journal in 1993 by Dr. Basil Ali and his colleagues from the College of Medicine at King Faisal University.

5 Antibiotics Tested

Nigella sativa has long been touted as a natural antibiotic and in 1997 researchers at the Department of Pharmacy, University of Dhaka, Bangladesh, conducting a study in which the antibacterial activity of the volatile oil of black seed was compared with five antibiotics: ampicillin, tetracycline, cotrimoxazole, gentamicin and nalidixic acid.

The black cumin (Nigella sativa) oil proved to be more effective against many strains of bacteria, including those known to be highly resistant to drugs. V. cholera, E. coli (a common infectious agent found in undercooked meats), and all strains of Shigella spp., except Shigella dysenteries. Most strains of Shigella have been shown to rapidly become resistant to commonly used antibiotics and chemo-therapeutic agents.

AIDS

Dr. Haq in research on human volunteers at the Department of Biological and Medical Research Center in Riyadh, Saudi Arabia showed that black seed enhanced the ratio between helper T-cells and suppressor T-cells by 55% with a 30% average enhancement of the natural killer cell activity.

These results are effective enough to consider the oil being used in the treatment of AIDS and the findings of this paper caught the attention of the Archives of AIDS where they were duly published.

Analgesic (Pain)

At the King Faisal University, Saudi Arabia, in 2001 Dr Al-Ghamdi investigated black seeds anti-inflammatory, analgesic and antipyretic activities. He concluded “This study therefore, supports its use in folk medicine both as analgesic and anti-inflammatory agent and calls for further investigations to elucidate its mechanism of action."

The anti inflammatory effects were also supported by research in 2003 at the King Saud University, Saudi Arabia.

Antibiotics

In 2005 at the King Faisal University, Al-Ahsa, Saudi Arabia studied the effects of black seed in conjunction with the antibiotic oxytetracycline (OXT) in pigeons (an antibiotic commonly used to treat infections of the respiratory and urinary tracts).

They concluded the addition of black seed to the feed of pigeons could act as an immuno-protective agent when chronic administration of antibiotics is considered.

Respiratory System

Nigella sativa is commonly used in most Asian countries for the treatment of asthma. Nigellone (a carbonyl polymer of thymoquinone) has proved to be an excellent prophylactic agent for both bronchial asthma and asthmatic bronchitis and has proved to be more effective in children than adults.

Anti-Cancer

Black seed has been treated as a serious herbal remedy for the treatment of cancer. The U.S. Food and Drug Administration (FDA) have granted 2 patents for treating cancer, preventing the side effects of anti-cancer chemotherapy, and for increasing the immune system functions in humans. U.S. Pat. No. 5,482,711 and 5,653,981.

At the Amala Cancer Research Centre, Kerala, India in 1991 studies suggested that black seed has efficacy as a chemo-therapeutic agent. In other studies made it was found that black seed diminishes toxic side effects caused by several other chemo-therapeutic drugs such as cisplatin and doxorubicin.

These studies promoted future studies for the now conclusive proof that Nigella sativa can cause Pancreatic cancer cells to be eliminated and commit suicide in essence in a majority of the cases.

Tumor Therapy

What needs to be said for all these studies to be legitimate is that Nigella sativa is effective on cancers in stage one and two. When the cancer is in stage three and four and has spread to the other organs, Nigella sativa cannot annihilate the cancer, but merely improve the immune system so the patient has a better chance of survival.

The Cancer Research Laboratory of Hilton Head Island, South Carolina, USA, in 1997 stated it had enormous success in tumor therapy without the negative side effects of common chemo-therapy using black cumin.

They found that it increased the growth rate of bone marrow cells by a staggering 250% and it inhibited tumor growth by 50%. It stimulated immune cells and raised the interferon production which protects cells from the cell destroying effect of viruses.

They confirmed the strongly anti-bacterial and anti-mycotic effects and that it has an effect in lowering the blood sugar level which is essential for the treatment of diabetes. What wonderful news for people with diabetes.

The cancer research group concluded that when a person has a healthy immune system, the cancer cells are destroyed before the cancer endangers the patient. They concluded that black seed oil is an ideal candidate for use in cancer prevention and cure and that it has remarkable promises for clinical use.

Anti-fungal; Anti bacterial (Candida)

At the Aga Khan University Medical College, Karachi, Pakistan, (2003) the anti-fungal activity of Black seed was studied to see if it was effective against Candida. Candida was injected into mice so that their spleen liver and kidneys were infected.

Black seed extract was fed to the mice which exhibited an inhibitory effect on the growth of the organism in all organs.

They concluded that the Black seed extract exhibited inhibitory effect against candidiasis and that the traditional use of the plant in fungal infections was valid.

In the Pakistan Journal of Medical Science, (2005) a paper was published where the antifungal and antibacterial effects of black seed were tested against standard and hospital strains of Candida albicans.nd Pseudomonas aeroginosa.

The examiners also studied and compared drugs, clotrimazole (an anti-fungal ointment used to topically treat vaginal candidiasis and Candida of the scrotum and anus.), cloxacillin (a semi-synthetic antibiotic in the same class as penicillin) and gentamicin (an antibiotic.) respectively.

The end results coincided with the first group who studied Candida that indeed black seed is a valid treatment.

Diabetes

Nigella sativa has been shown effective against diabetes 2 in many studies. The studies against diabetes 2 are:

In 2002 at the Gifu University, Japan, researchers concluded that black seed may be of significant value to sufferers of Diabetes 2.

In 1991 at the Kuwait University, the same conclusion was made for diabetes 2 where the patient was not insulin dependent.

In 2003 there were three different faculties in Van, Turkey and black seed was tested on diabetic rabbits and the results showed that the sugar level was lowered and brought back to normal.

Again In 2004 at the Faculty of Medicine, Zonguldak Karaelmas University, Zonguldak, Turkey they studied the effects of Nigella sativa on diabetic rats. The conclusion was the same as all other tests above.

Imagine a world with no diabetes. In the US diabetes is one of the major killers of the elderly and in the Middle East 7 out of 10 people who die have side effects from diabetes. Now there is hope and treatment for diabetics everywhere.

Thrombosis

In 2001 hematological studies were made using black cumin oil at the Meiji Pharmaceutical University, Tokyo, Japan. The researchers concluded that black cumin oil was more potent than aspirin, well known as a remedy for thrombosis.

Cestodes (worms) in Children

For thousands of years black seeds have been used for the treatment of worms. At the University of Agriculture, Faisalabad, the anti-cestodal effect of black seed was studied in children who had been naturally infected. The researchers concluded that indeed black seed contained active principles effective against these worms.

In 2007, Abdulelah and Zainal-Abidin investigated the anti-malarial activities of different extracts of black seeds (Nigella. Sativa) against P. berghei. The results indicated that Nigella sativa had strong biocidal effects against the parasite.

Black seed was also found to have an anathematic activity against tapeworm comparable to that of piperazine.

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CHAPTER THREE

How Nigella Sativa Works

We have talked about the history, the research, faith healing and more, but now we want to give specifics about black seeds mechanisms of actions which include:

- Anti-Tumor
  Anti-bacterial
  Anti-histamine
  Strengthens the immune system
  Anti-inflammatory
  Promotes lactation

By using Nigella sativa you now know how powerful it is and thus can avoid many pharmacy medicines. Compare the cost of Nigella sativa oil with what pharmacies charge for their medicines. Besides the cost involved remember the damage that the chemicals due on the body itself.

Again let me state that in some cases black seeds should be used in conjunction with other remedies. I had a pulled sciatica nerve and the pain was so bad I could not get out of bed. I took some doctor prescribed medicine to help me walk. Once the nerve was relaxed more, I took black seed oil and grape seeds. I now do not suffer with this debilitating condition because I took Nigella sativa to prevent further attacks. (anti-inflammatory).

Benefits of Nigella Sativa (black seeds)

Throughout this book you will see the many benefits of Nigella sativa and how it benefits you with treatments and cures. I caution many on cures by Nigella sativa. You can be treated for a disease and yet not be well enough to forget the disease.

Many cancers will return in 5 years. Why? Because many will resort back to their old lifestyles of abuse and mismanagement of the body they were given. You will swear on your dead mother's grave if God saves you from cancer that you will never eat sugar and ice cream again. As soon as the cancer is cured and you are doing well again, you say to yourself, "One little cup will not harm anyone." I know this feeling well.

Also the many benefits of Nigella sativa are not all listed here, but many more will be listed in the dosage section. I also believe that the study of Nigella sativa has only began and in years to come you will see more and more benefits discovered.

Here are a few to consider:

- Breast feeding (increase the flow of breast milk)
  Cancer

Common cold symptoms and flu
Diabetes
Diarrhea
Dry Cough
Eye disease & impaired vision
Gall stones & kidney stones
Hypertension
Heart complaints & Constriction of Veins
Headache and Ear ache
Loss of Hair & premature Graying.
Vomiting
Worms
Toothache

Black Seed Oil and Pancreatic Cancer

One of the most exciting discovering concerning black seed oil is the research on how Nigella sativa (black seeds) has been successful in the treatment of pancreatic cancer. Pancreatic cancer is one of the hardest cancers to cure and these miraculous seeds have been successful in creating cell death or apoptosis. Pancreatic cancer is what killed Patrick Swayze who chose to go the traditional route of chemotherapy and drugs. Pancreatic cancer is the 4th leading cancer in America.

Black seeds contain over 100 chemical compounds and some of the ingredients are yet to be discovered and identified. The main active ingredient in black seeds is crystalline nigellone. The seeds also contain beta sitosterol, thymoquinone, myristic acid, palmitic acid, stearic acid, palmitoleic acid, oleic acid, linoleic acid, arachidonic acid, proteins and vitamins B1, B2 and B3. They also contain calcium, folic acid, iron, copper, zinc and phosphorous. An all around multiple vitamin in these tiny black seeds.

Fatty Acid Analysis of the Extracted Oil:

- 56% linoleic acid,
  24.6% oleic acid,
  12% palmitic acid,
  3% stearic acid,
  2.5% eicosadienoic acid,
  0.7% linolenic acid,
  0.16% myristic acid.

Thymoquinone

Thymoquinone is an antioxidant and is derived from the medical plant Nigella sativa. This medical plant has been used for over 2000 years for a number of purposes including the eradication of most cancers. Thymoquinone inhibits the formation of undesirable prostaglandins, is anti-inflammatory, anti-bacterial and has a pain killing effect. It has a

choleretic effect (stimulates the production of bile) and is good for fat metabolism, deworming and detoxification.

Nigellon

The active ingredient in Nigella sativa is nigellon. Its purpose is to support the immune and respiratory functions, such as in the treatment of asthma, whooping cough and respiratory disorders. Nigellon also has anti-histamine properties as compared to thymoquinone.

The Black Seed is also a source of iron, calcium, sodium, and potassium. The body only requires a small amount of these nutrients to function correctly and efficiently. Taking large quantities of black seed is not necessary.

How to Heat the Seeds

When you buy the ground seeds, they must be heated, as the taste is very bitter. Heat the seeds in a large skillet on low heat, stirring often, as they will burn. Keep tasting the seeds until they have a bland taste. After the seeds are bland, place them in a coffee grinder and grind. Traditionally, the seeds are mixed with honey and eaten that way.

How to Mix the Seeds with the Honey

Fill a pint jar with the ground black seeds and add in one fourth a jar of honey. Mix the honey and the black seeds well. Keep adding a little honey at a time until the honey and black seeds are mixed well. It needs to be a very thick consistency. The mixture will thicken more over night. It is very delicious and a sweet treat. Suggested dosage is one teaspoon a day. Do not give the honey mixture to diabetic patients.

How to Make My Power Energy Mixture

This is a very powerful sweet treat that will refresh your very soul and give you the energy you need to work hard and live longer. This recipe was given to me by a Sheik in Dubai, UAE who runs an herbal store. I have some every day.

3 cups of honey
2 Tablespoons of Royal Honey
2 Heaping Tablespoons of Ground Black Seeds (black cumin)
2 Heaping Tablespoons of ginger powder
1/3 cup of chopped nuts (any will do but I used pistachios, walnuts and almonds)

Directions:

In a medium size bowl add in the honey, black seeds and ginger. You may substitute the black cumin oil instead. If using the seeds, make sure they are heated to remove the hot taste prior to using. Mix the honey mixture well. Add in the chopped nuts and place the entire mixture in sealed jars. Take one teaspoon twice a day. Yummmmy.

CHAPTER FOUR

Dosage Requirements

A few things to keep in mind. Using more black seed does not heal the person faster. Beware of companies selling black cumin (Nigella sativa) that suggest you take large amounts. Also remember if you are using the whole seeds, they need to be heated first.

Baldness

Rub the oil on the spots of baldness.

Beard Growth

Massage the oil into the beard reaching all the roots.

Bee and Wasp Stings

Boil some ground black seed and water and apply to the stings.

Cancers and Tumors

Take 1 teaspoon of the oil mixed with 1 teaspoon of raw honey three times a day. This mixture should be taken one/half hour before breakfast, afternoon and before sleeping at night. Also take 4-5 cloves of garlic daily or 1 teaspoon of dried garlic powder mixed with honey.

Cardiovascular Problems

Take 1/2 teaspoon of the oil mixed with hot water daily. Drink this first thing in the morning.

Complexion

Mix black seeds and olive oil and clean the face with this mixture. This will redden the complexion. Rinse the face well after one hour.

Cystic Fibrosis

Massage the chest with the black seed oil. Drink 1 teaspoon of the oil mixed with honey, three times a day.

Diabetes

Use the black seed oil mixed with raw honey twice a day. A change in diet is a must with little carbohydrates and no sugar.

Diarrhea

Mix 1 teaspoon of the black seed oil with a cup of yogurt and drink twice a day.

Dry Cough

1/2 teaspoon of the oil mixed with coffee twice a day. Rub the oil on your back and chest.

Earache

Take 1 teaspoon of the black seeds that have been heated and smashed. Add a few drops of olive oil to the black seeds and mix well. Place 7 drops into a syringe and place in the ear morning and evening until well.

Eye Disease and Impaired Vision

Rub the eyelids and the sides of the eye orbits half an hour before going to bed with black seed oil. Drink 1/2 tablespoon of the black seed oil with a cup of carrot juice daily.

Facial Paralysis

Place 1 teaspoon of the oil in a liter of boiling water and inhale the fumes.

Flu and Colds

Take 1 teaspoon of black seed oil with honey in the morning before eating. Also, place a few drops in each nostril for nasal congestion.

Gallstones and Liver Stones

Place a large spoon of black seeds mixed with honey in a glass, add in some hot water. Finally add in 1 teaspoon of oil. Drink this mixture daily, first thing in the morning.

Gas

Take 1 teaspoon of the black seeds mixed with 1 teaspoon of honey before breakfast.

Hemorrhoids

Take some black seeds and water and drink.

General Health and Well Being

Take 1 spoon of honey and 1 spoon of black seeds mixed every day or 1/2 spoon of the oil mixed with honey before your breakfast.

Hair Loss and Premature Graying

Wash your hair and then apply liberal amounts of olive oil and black seed oil mixed together. Wait one hour and rinse.

Headaches and Migraines

Take the black seed oil and rub on the temples. Place a few drops in the nostrils and also place some oil on top of the head. Eat some black seeds and honey, two times a day.

Hypertension or High Blood Pressure

Take 1/2 teaspoon of the oil each day mixed in some hot water. Eat plenty of garlic and get lots of sunshine.

Immune System

Take 1 teaspoon of the black seed oil two times a day.

Increase the Flow of Milk in Breast Feeding

Mix 2 tablespoons of ground black seeds and 2 tablespoons of honey together. Add in 1/2 teaspoon of the black seed oil and eat this daily.

Memory

Take 1/2 teaspoon of black seed and 1/2 teaspoon of honey three times a day.

Moles

Apply a mixture of black seeds and water and apply to the mole.

Mosquitoes and Bugs

Burn some black seed oil in an incense burner and drive the bugs away.

Mouth Infection Virus

Place some black seeds in your mouth and leave for 10-15 minutes.

Muscular Dystrophy

Take 1 spoon of black seeds mixed with honey, three times a day. Eat as many raisins as possible. Eat a soup of morrow (soup bones) every day.

Nose and Throat Inflammation

Take 1/2 teaspoon of the oil with some lemon juice. Make a vapor with some oil and hot water and inhale the fumes.

Rheumatic and Back Pain

Heat some of the black seed oil and rub on the area of pain. Eat some black seeds and honey daily.

Stomach Pain

Take 1 big spoon of black seeds mixed with honey. Drink some peppermint tea, and then drink the water of boiled rice if hungry.

Toothache and Gum infections

Place some black seeds in a cup of vinegar and bring to boil. When the vinegar has cooled to a warm touch, rinse the mouth with this mixture.

Vomiting

Mix 1/2 teaspoon of ginger juice mixed with 1/2 teaspoon of black seed oil.

Worms

Heat 2 teaspoons of black seeds with 1/2 cup of vinegar. Heat this mixture and then with a brush, brush the mixture on the stomach and liver area. Do this before you are about to sleep. Do not wipe this mixture off.

Before sleeping eat 7 dates to get rid of Ascaris worms.

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CHAPTER FIVE

Precautions and Warnings About Black Seeds

Black seed, also known as Nigella sativa and black cumin, has been called the "Blessed Seed" for its miraculous abilities against disease. The black seed has been called the greatest healing herb of all times by many doctors as it heals all diseases including cancers, diabetes, immune problems, eliminating the flu and colds, acne, muscular dystrophy, back aches, skin and stomach disorders and it increases longevity.

As with the flu remedy, the recommended dosage includes the use of garlic and olive leaf. Some dosage requirements suggest one teaspoon of oil compared to eating the regular seeds. Please note that the seeds are the Prophetic medicine, not the oils. The oils were not available 2000 years ago. So when Prophet Mohammad stated, "Use this seed often, as it is a cure for all except death." He meant seeds and not the oils.

The oils are concentrated and more and more people prefer the convenience of the oils, but they must be taken differently than the seeds. Black Seed although miraculous, with its many health benefits, still must have some precautions stated.

Side Effects of Black Seeds

There are no known side effects of this miraculous herb, but it is better to take caution here. Black seed has been reported to be toxic in the amount of 25 grams or more. But who in the world would take that amount? The maximum dosage for any cure is 3 teaspoons per day. Some sites are telling people to take a large amount of the oil, to sell more products. Follow the suggested dosage requirements, and see that more is not necessary and more does not heal quicker.

Warnings of Black Seeds

Never take the oil on a full stomach. It needs to be mixed with another liquid such as juice, yogurt or honey and taken 1/2 hour before the meal. If taking the oil twice in a day, then the oil should be mixed with honey or juice and taken before bedtime and before breakfast.

If taking the seeds, they must be heated. Never take the seeds that have not been heated as they will upset the stomach.

Precautions for the Use of Black Seeds

1. It is not suggested for pregnant women to take black seeds.

2. If the patient has a major disease, they need to be monitored by a doctor as black seeds will cause your blood pressure to drop.

3. You can take black seeds if you are on pharmaceutical medicines, but it is better taken alone with faith. Some websites are stating the opposite, but it is not a Prophetic medicine when the "Blessed Seed" is mixed with another ingredient not prescribed by Prophet Mohammad.

4. This treatment only works with faith and sincerity. Not believing in the cure is the same as not having a cure at all.

Black seed or Nigella sativa is a treatment for many illnesses, but only when the person follows the exact directions. No treatment will work with trying to combine it with other protocols. Look for the best quality seeds and prepare them as suggested.

Black Seed Oil Myth or Miracle?

There will always be some who doubt the miraculous power of black seeds and will doubt that any seed is that powerful. This has to do with faith and believing in the miracle. Islam teaches its followers to believe in Allah and his mercy. As stated above, black seeds or black cumin must be taken daily as a vitamin or a pill of life. No other seed on this planet can give what this tiny black seed can and does daily.

The miracle of this blessed seed is in the belief of the treatment. Thousands use this seed with success daily, but it is necessary to take the seed on a regular basis and then when the person comes down with the disease, it is easily treated.

Anyone wanting to substitute the ground seed for the oil may do so at a ratio of 2 and 1/2 teaspoons to 1 teaspoon of the oil. The ground seeds are what were used by Prophet Mohammad

As always be careful not to take a large amount of black seeds as it may be toxic in amounts exceeding 25 grams. Follow the recommended dosage and always use the best quality seeds you can find. The most expensive, does not mean the best seeds. Nor do the cheapest seeds mean they are the worse.

Remember to take black seed everyday for well being and then if a disease strikes, a small amount of black seed will suffice.

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CHAPTER 6

Why Do I have to Take Black Seeds Daily?

Today I got another email with this same question, "Why do I have to take black seeds daily if they are such a strong anti-bacterial protectant?" I find this question a lot and most people think of black seeds or Nigella sativa as a typical medicine. If you get sick and go to the doctor, you take antibiotics for 14 days and then you quit. Right?

Then the next time you get sick again, you take the regiment of antibiotics again. Have you ever noticed that you continue to get sick and you never seem to be totally well with conventional medicine? Each time you get bronchitis or the flu, it seems to get worse. With Nigella sativa, if it is taken daily you should see that you do not get sick as much and if you do get sick, then the illness is cured quickly or faster than before.

Nigella sativa is a prophetic cure for the entire body. It is not just a cure for your stomach or your urinary tract infection. It was sent to us as a gift from God to cure what ails you. True if you take black seed for three days your urinary tract infection will go away and true it will be used to treat migraines and true it is a known cure for pancreatic cancer, but if you take this miracle herb daily, you may not have these problems again.

Notice I use the word "may." No two people are the same and I cannot verify the type of oil or seed you are taking. Many write to me and tell me of these cheap fly by night companies offering low cost seeds and they want to buy them. I always offer them my list I recommend. I can only recommend the companies I know of, but I cannot guarantee you that they will have the best products for your condition.

Remember you get what you pay for. When you are buying a home, don't you look for the best location? Then why consider buying seeds from a low rate--fly by night company? Look for the best.

Black seed should be taken daily as a vitamin to make you well totally. I can tell you from my own experience about many ailments that I have cured using black seeds. I had migraines for 15 years and I suffered so bad and they went into cluster headaches. I no longer have any migraines. I started using black seed oil on my nostrils and around my temples and then after awhile, I just never got the migraines again. It has now been 13 years that I have been cured of these migraines. It did not happen overnight, but with regualar use and a few months of treatments, I am free.

I use to get urinary tract infections all the time too and I would take black seeds for 3 days and they would clear up the problem ASAP. I no longer get urinary tract infections. I use to have Candida and I no longer have Candida. The list can go on and on. All I can say is that my life would not be complete without my Lord and my black seeds.

Beware of Deceptive Bottle Instructions

It has come to my attention that many companies know nothing about Nigella sativa (black cumin, black seeds). To protect theirself, these companies are advising people to take black cumin on a full stomach, as this is the way most medicines are taken. IDIOTS!!!

One such company is The Kitchen Doctor. My mother received medicine from this company with explicit instructions to take the medicine 3 times a day with food. Regardless of medical condition, take 3 times a day with food??

Now as we know here, one capsule is sufficient to maintain good health. If you have cancer, then 3 capsules a day, but again this is deceptive advertising to get you to take more and thus order more bottles. I told my mother to take 2 capsules on an empty stomach, but she was afraid the company knew more than me and she followed their instructions.

So sure enough my mom got sick with a tummy ache. I contacted the company and wanted to see why. I got a very smart ellic reply and then they blocked my email. I guess asking for help with stomach aches upset them.

So of course I promptly banned them from all my lists of reputable companies. Then yesterday on a forum I frequent one of the health specialist was talking about this. He stated that this is common practice with many companies as they are not versed in how to take medicines or supplements properly. A company may know how to produce the oil for profit, but knows little about how to take the medicine properly.

Places to Purchase Black Seed Oil and Seed

In my search for reputable places to purchase black seed, I have been taken advantage of several times. I find first there are many promises of the best oil on the market and second that they are the largest company on the web.

It is very important to find a reputable company. I was an affiliate for Sweet Sunnah for one year and sent them hundreds and hundreds of customers. After one year I checked my account to find out that I had not received any money. I of course figured that I had no sales.

What I found out was that I had over 700 dollars in sales but that they refused to pay me. The supervisor told me that they had not had an affiliate program in over 4 years. I promptly turned them into the Attorney General's office and now they proudly proclaim on their website that they have an affiliate business.

Is this a scam or a way of simply protecting theirself from the Attorney General? So I have them on my do not buy from list.

As a note to my customers who purchased my book, some of the following companies I have affiliation with. I cannot guarantee the quality or service of the following

companies, but they all meet my search standards that I desired. Please support my links below.

1. Mountain Rose Herbs: Top rated seeds - check for oil availability. A 4 star company.

http://www.mountainroseherbs.com/index.php?AID=119044

2. Amazon.com - Amazing Herbs Black Seed Oil

http://nigellasativa.weebly.com/black-seed-store.html

3. Located in Pakistan, Oil is very good.

http://www.hemanitrading.ae/index.php

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Chapter Seven

RECIPES

Black Seed Granola

I was getting ready to make my granola and low and behold a thought came to me. I remembered that I had some black seed and honey in the cabinet that was very thick. Black seed tends to swell after you mix it with the honey and this last batch I put way too much black seeds in this very expensive raw honey.

So bells and chimes went off in my head and sure enough, I created a new recipe to share with you guys. It is healthy and delicious and it takes just a bit of time to create. Why pay for expensive granola in the store when you can make fresh right in your kitchen.

This recipe will show you have to mix the black seed and honey together for this recipe alone. I always suggest you have a jar of blackseed honey in your cabinet to take daily. It is very delicious.

Ingredients:

- 1/2 kilo oatmeal (500 grams)
  1/3 cup virgin olive oil or substitute (do not use extra virgin olive oil as it becomes toxic at 320 degrees)
  1/2 cup raw honey
  1/4 cup black seeds, ground and preheated (black seeds need to be heated to take out the tart taste which will irritate your stomach)
  1 teaspoon salt
  2 teaspoons cinnamon
  1/2 teaspoon nutmeg (optional)
  1/2 to 1 cup of chopped nuts (I used almonds, walnuts, pistashios and some coconut for flavor)

Directions:

Put all of this is a large baking pan and stir together. Make sure each grain of oatmeal is wet with the liquids and if needed add in a bit of water.

Bake in a preheated 350 degree oven for 20 minutes. Stir the granola a few times and watch carefully to see if it doesn't burn.

The granola needs to be crunchy, so cook longer if necessary.

After the granola is done, remove from the oven to cool in the open air for several hours. You then want to put it in a tightly closed container and store in your cabinet. Do not put it in the refrigerator. Walah, you have made your self a very healthy treat.

Note: You can add some diced dates, dried almonds or cranberries for more flavor.

OJ Slushie with Black Seed Oil

If you are feeling kind of sluggish and have little or no energy, then a daily dose of black seed oil is just what the doctor ordered. Please do not take all those pharmaceutical meds on the market that will make you nervous, jittery and maybe even dead ! Make this simple oj slushie and you will feel great.

I squeezed the juice of 6 oranges and used two of them to make an Orange Julius, using almond milk, bananas, vanilla, honey and the oj juice. and then I froze the remaining juice for later. As you may know, freshly squeezed oj or any juice will lose most of its vitamins and nutrition after 4 hours, so you need to either drink the juice or freeze it.

After a few hours, before it has become hard and frozen, remove it from the freezer and pound it to loosen up the frozen bits. Pour the slightly frozen oj in a large glass or jar and wait for it to get slightly slushie. Add in one teaspoon of the black seed oil and mix. Get a large spoon and eat your nutritional slushie with no sugar added.

The best way to be energized is 1/2 half hour before breakfast and no you do not need to use the slushie. You can get the same effect or even better with fresh orange juice.

Naan Bread With Black Cumin

Ingredients:

- 1 tsp sugar
  3/4 cup (210 ml) water, warm
  1 oz (30 g) dried yeast
  1 lb (455 g) white flour
  1 tsp nigella seeds
  1 tsp salt
  6 tbsp yogurt
  2 tbsp ghee or butter, melted
  Oil to coat

Preparation:

1. Dissolve sugar in the warm water and sprinkle yeast on it. Leave for 15 minutes. Make sure it froths otherwise use a new batch.

2. Sift flour and salt into bowl and mix in nigella seeds. Make a depression in the flour and pour in yogurt, ghee and the yeast mixture.

3. Mix well and knead into a dough for about 10 minutes. form a ball. Put a little oil in another bowl and turn the ball of dough in it until it is covered in oil.

4. Discard excess oil. Cover with a damp cloth and allow to double in size - about 2 hours). Knead the ball down again and divide into 6 portions. Flatten these in turn and mould into pear shapes.

5. Place on a greased tray and bake for 10 -15 minutes at 450°F (230°C). Finish under grill if necessary.

Printed with Permission from: http://www.theepicentre.com/Recipes/inaan.html

Zalabya With Black Cumin

Ingredients:

- 4 cups flour
  1 cup warm water
  1 cup sesame seeds
  1/4 cup black cumin seeds
  1 cup olive oil for the dough
  1 tablespoon granulated yeast
  1/4 cup warm water for the yeast
  Salt to taste
  Olive oil for frying

Method:

1. Dissolve the yeast in the water. Combine flour, sesame and black cumin seeds, olive oil, salt and water in a bowl. Mix well.

2. Add more water by tablespoons if needed to make a pliable dough. Add the dissolved yeast to the batter. Mix well.

3. Cover the bowl and let the dough rise for 30 minutes, or until double its original size. Take pieces about the size of a large egg out of the dough.

4. Heat 1 tablespoon of olive oil in a frying pan and heat it over a medium flame. Fry the dough, pushing it into a circle with the spatula.

5. When the zalabya is golden-brown on the underside, turn it over and fry till all is the same golden-brown color. Add more olive oil as needed. Serve the zalabya hot.

Original recipe by Ultravioleet Jordan.

Miriam Kresh writes a food blog: www.israelikitchen.com

Permission to reprint article from: www.greenprophet.com

Baska Bread With Nigella Sativa (Black Cumin)

Ingredients:

- 1000 grams flour (kilo)
  1 cup corn oil
  1 cup milk powder
  1 cup sugar
  2 eggs (1 to be used for egg wash)
  Warm Water
  2 tablespoons anise seeds
  2 tablespoons Nigella Sativa (black cumin) seeds
  1 tablespoon fennel seeds
  2 tablespoons sesame seeds
  2 packages yeast
  Extra oil to brush the bread mixture with

Directions

1. On a large working surface put the flour, milk powder and sugar. Mix the dry ingredients together.

2. In a separate small bowl add in the yeast to some lukewarm water to dissolve. Let the yeast and water set for 5 minutes.

3. Make a hole in the middle of the flour and add the yeast mixture, 1 egg and oil. With a fork start mixing the flour mixture with the wet ingredients.

4. In a coffee grinder add in the fennel seeds and one tablespoon of the anise seeds and grind them to a powder. Add them to a small bowl along with the black cumin seeds, sesame seeds and the other tablespoon of anise seeds.

5. Add the seeds to the bread and mix thoroughly. After the bread dough is mixed together, add in some extra water to finish making the bread dough pliable.

6. Knead the bread for ten minutes or until the bread is very soft and pliable. Work the dough into a ball and brush the ball with oil and cover with a bowl.

7. Let the bread double in size and then cut the bread into 20-24 individual loaves. With each individual loaf, roll them out to a circle about the size of a 6 inch pita.

8. With each pita, brush them with oil again on both sides and let them rise on an oiled large baking sheet. Cover the bread so they do not dry out and let rise a second time for around 45 minutes to one hour.

9. After the bread has risen again the second time, brush them with an egg wash. This can be one egg beaten or one egg beaten with some water.

10. Bake in a preheated hot 350 degrees oven until brown on both sides. This bread is better served hot.

Lobhia

An Indian dish of black-eyed beans served on their own with yogurt and fresh cilantro or as a side dish for curries.

Ingredients:

- 8 oz (225g) black-eyed beans, washed and soaked overnight
  1 yakhni spice bag
  1 tsp salt
  2 tbsp oil
  1/2 onion, chopped
  1/2 tsp cumin. ground
  1/2 tsp garam masala
  1/2 tsp nigella, ground
  1/2 tsp turmeric, ground
  9 tbsp (140 ml) yogurt
  1 tbsp lemon juice
  1 tbsp cilantro, chopped

Preparation:

1. Drain the beans, place in a saucepan cover with plenty of fresh water and add yakhni spices. Bring to boil, cover and simmer until tender. Remove yakhni spices and drain.

2. Heat oil, add onion and fry until golden. Add remaining spices and fry together for a minute and then add beans, stirring until well coated with the mixture.

3. Serve accompanied by yogurt mixed with a little lemon juice and chopped cilantro.

NOTE: For those foreigners who don't know the spices in the yakhini here there are: 2 bay leaves, 5 cardamom pods, cinnamon stick 2", 5 cloves, whole, 2 tsp. coriander seeds, whole, 2 tsp. fennel seeds, 3 garlic cloves, bruised, ginger, whole 2" , 1 tsp. peppercorns

Printed with permission from: http://www.theepicentre.com/Recipes/ilobhia.html

Halawa with Gizhah (Nigella Sativa)

Ingredients:

- 4 cups seminola
  1 cup ground black cumin seeds (heated)
  1 cup sesame seeds (heated)
  1/2 cup flour

1 cup corn oil
1 tablespoon baking powder
1 cup sugar 1/2 cup walnuts
Water as needed

Directions:

1. Place the black cumin in a dry skillet and heat slowly, stirring often until the tart taste is bland. Grind the seeds when cool in a coffee grinder.

2. Place the sesame seeds in a dry skillet and toast slightly or use toasted sesame seeds. In a large bowl mix together the seminola, flour, sugar, baking powder, walnuts and the seeds. Add in the oil and mix well.

3. Slowly add in enough water to make a cake like batter (batter will be thick). Grease a large baking tray to spread the halawa mixture on.

4. With a sharp knife make a diamond design on top of the cake mixture. Bake in a preheated 375 degree oven for around 30 minutes or until done.

5. Remove from the oven when done to cool slightly. Pour the atter mixture (below) all over the cake and allow to soak in. Cut and serve

Atter Recipe

- 3 cups sugar
  1 cup water
  1 teaspoon lemon juice
  1/2 cup orange blossom water

Directions:

1. Place the water, sugar and lemon juice in a heavy bottom pan. Heat the mixture on a medium heat and bring to boil slightly.

2. Allow to thicken slightly and then add in the orange blossom water. Heat again.

3. Remove from the stove to cool slightly and then pour on the cake and allow to soak in.

Courtesy of Raeda, my neighbor.

Black Seed Tea

A very delicious and healthy tea can be made simply by adding 1 teaspoon of ground black seeds to a cup of water. Bring to boil for one minute and remove from the stove. Strain the tea and add sugar or honey as you like.

Alternatives:

1. Add in half ginger with the black seed and sweeten with honey.

2. Add in a mint tea bag or some peppermint in a tea ball with the black seed. Season with honey.

3. After the black seed tea is prepared, use milk or cream to make it like the British do and add a dash of vanilla and some honey.

4. Use 1/2 sesame seeds and grind the black and sesame seeds together and then place in the water to boil.

Courtesy of Um Laith, my friend.

Cheese Appetizer

Nigella sativa is a beautiful annual flower that comes back year after year in my garden from seeds fallen on the ground previous automn... Its shape is like a 3D star and their color is blue. I buy nigella seeds at the food market and I slice cheese dip the sides in seeds and fry them in pan... mmmm!

Courtesy of Aging Tree – Curezone.com

Cucumber Salad with Yogurt and Black Seeds

Ingredients:

- 1 pint yogurt
  1 large cucumber, chopped
  1 garlic clove
  1/2 teaspoon salt
  1 teaspoon mint
  1/2 teaspoon ground black seeds

Directions:

1 In a mortar, pound the garlic clove, salt and mint together. Place the yogurt in a dish and mix in the cucumbers.

2. Add in the garlic mixture and mix well. Check to see if the seasoning is right?

3. Sprinkle the entire dish with the black cumin. Traditionally served along a rice dish.

Zalabya with Black Cumin - Recipe #2

Zalabya and black cumin is one of old Jordanian breakfast recipes that regularly prepared in all time especially during olive season. It's very delicious and all your family will love it too. It can be served with hot tea. Try it and enjoy the great taste

Ingredients:

- 4 cups flour
  1 cup of sesame
  1/4 cup black cumin
  1 cup olive oil, for the dough
  1 tablespoon granule yeast
  Salt to taste
  Olive oil for frying

Preparation:

1. Dissolve the yeast into 1/4 cup of warm water. Combine flour, sesame, black cumin, olive oil, salt and water in a bowl mixing all together to make a dough, add more water if required.

2. Add the dissolve yeast to the dough and mix well together until tender, cover the bowl for nearly 30 minutes or to rise dough. When the dough is ready cut it into small ball shapes.

3. Prepare a tray wiped with Olive oil. Place oil in a circular frying pan and place it over heat.

4. Add the dough to the pan and figure it into a circle-shape. Increase the heat of and fry the first side of zalabya until it turns into a golden brown then flip it to the other side and let it fry until it turns to golden brown too.

5. Put the zalabya into the serving plate and serve hot.

Courtesy of Alaa M. Omari http://www.golden-recipes.com/free-cooking-food-zalabya-with-black-cumin-breakfast-recipe.html

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Part II - A Complete and Holistic Approach to Curing Cancer

Chapter One

Why are Doctors Treated as God

According to the World Cancer Research Fund there has been a 20% rise in new cancer cases worldwide. This means that there is presently 12 million cases of cancer a year and 2.8 million of those diagnosed are caused by diet, obesity and lack of exercise. These calculations are frightening as more and more are flocking to be saved by butcher doctors who want only to get their kickback from the pharmaceutical giants. Cancer is suppose to rise substantially over the next decade.

The article went on to say that 25% of these cases are preventable, but many feel this figure is correct and up to 90% of cancers are preventable. I also believe that cancer is 90% or more curable in the event it is diagnosed early and treated with the proper cancer protocol. The problem now is that the pharmaceutical giants are greedy and along with the FDA, supplements, herbs and cancer cures are being shut down and simple housewives raising an herb garden are arrested and told to stop.

Many times I have found that people prefer to go to their doctor and listen to him then to follow a natural and holistic protocol. People treat doctors as Gods and never realize that by following what the doctor said, they are digging their own grave. I recommended one woman not to have breast surgery and she became frightened. She was diagnosed with breast cancer and against her better judgment and mine she agreed to the surgery. She went ahead with the operation anyway and sure as I had predicted, one cancer cell was not caught and her cancer spread. I was called after this happened and they wanted a cure.

I told her the diet to go on to stop her problem, but again this woman preferred to eat red meat and take the medicine the doctor had prescribed. She was prescribed a medicine called tamoxifen and told this drug should be taken for 5 years to prevent further cancers. The truth is however, that tamoxifen may cause secondary cancers and many other side effects.

I showed her documentation that this drug was very dangerous to take, but like so many, she was so frightened of the word cancer and chose to follow the word of a doctor and not follow a natural and holistic diet. Doctors are not God and they cannot save you unless it is your destiny.

Causes Of Illness

The root of all illness is the stomach. These words are never truer today than it was two thousand years ago. What we eat is exactly what we become. If we spent our days eating

nothing but what God has provided for us in the gardens of Mother Nature, most likely we would never be sick.

Now there are some illness that are hereditary and through destiny and chance, we become ill and maybe die, but most illness is from the stomach and those illnesses can be treated naturally.

Whatever disease is sent down to the earth by God will also be followed with a cure. Finding that exact treatment is the trick though. You may wonder why I talk about religion so much in this book and the answer is simple. This blessed seed, Nigella sativa is a miracle sent down from God through Angel Gabriel and presented to Prophet Mohammad to save the world from impending doom.

So even if you are not religious and you do not believe in God, you can still be healed if you believe. Taking a medicine and not believing in the treatment is like pouring vinegar on an open sore. It will be a waste of time and money.

A Sufi Sheik named Sheik Nazim believes that illness is presented for two reasons. One is to cleanse the body of sins and the other is for physical reasons. Physical reasons are simply put, abuse of the body. If you drink Pepsi cola everyday and eat 5 chocolate candy bars, 6 bags of chips and 3 gallons of ice cream, I can guarantee you in a little while you will be sick.

Abuse of the body is the number one reason for illness. In today's world that is full of fast food and processed and packaged foods, the body will become tired. Taking black seed oil daily and eating a diet full of junk will not save you. You must learn to take care of the body and the soul.

Sheik Nazim goes on to talk about sins. Like alcohol and smoking which are both forbidden in Islam simply because they are harmful to the body? As he states in his article, if you smoke a little, you must be punished a little. If you smoke a lot, you must be punished a lot. Now many may not believe what he says as this is a strict religious article on the many causes and treatments of illness, but in the end it just may make sense.

Each one of us needs to clean the temple that has been gifted to us. Cancer diets include vegan and vegetarian lifestyles. Red meat and processed meats have been proven to cause cancer, so why do you consume cancer causing agents? Eat no more than a piece of red meat the size of your small fist once a week and never ever eat processed meats including, bacon, deli meats, baloney and more. Preserve your body with good things.

One cancer doctor, David Servan-Schreiber, who had brain cancer, saved himself by eating non-causing cancer foods: spinach, kale, broccoli, cauliflower, onions, garlic, ginger, blueberries, blackberries, cranberries, pomegranate juice. He suggests giving turmeric (the spice) or curcumin capsules, to drink green tea, dandelion tea, and p'au d arco tea. Have lots of green juices (made from celery, spinach, green peppers, etc with carrots for flavor). He also stated not to eat meat, dairy, sugar, or flour.

He also suggested taking flax oil as suggest by Johanna Budwig with lots of water and exercise. One of the best ways to flow lymph is with a mini-trampoline or rebounder.

Cancer - A Curable Disease

I will be discussing many remedies in this book as no two people are alike. Some will do well on the Budwig diet and others will want to go on the Dr. Bruess Fast for 42 days. I can only suggest what is available to you. A healer knows intuitively what works well and offers a plan of action, but when I am not in consultation with the client, I must let him make some informed decisions.

Sadly, many will buy my book and know the cure and still insist on eating that apple pie and ice cream and die slowly. As the old saying goes: "You can lead a horse to the water, but you cannot make him drink."

In Jordan anyone who gets cancer dies. You simply go to the hospital, they pump you full of chemo toxins, your hair falls out and they dig the grave. Now some will recover for a year or so, but then they get a second cancer and die. It is a vicious circle of death. The other statistic to remember is that 7 out of every 10 deaths in Jordan are related to diabetes problems. In America, diabetes is coming very close in cancer deaths comparisons.

Jordan has an extremely high rate of cancer, due to fallout from the bombs in Palestine and Iraq. Many cancers are a side effect of the diabetes problem also. People with high sugar and high consumption of red meat will most likely be diagnosed with cancer also. Yes, the person died from cancer, but the originating factor was diabetes. .

Chemo will kill 9 out of 10 patients and this is the treatment received here 99% of the time. The medicine bottle plainly states that it will cause secondary cancers and if that doesn't kill you, doctors then prescribes their patients tamoxifen to take after the operation to stave off cancer for the next five years.

Tamoxifen should not be fed to your dog, much less to your mom. Have you seen the side effects of this killer drug? Here are the side effects of tamoxifen:

The known, serious side effects of tamoxifen are blood clots, strokes, uterine cancer, and cataracts. Other side effects of tamoxifen are similar to the symptoms of menopause. The most common side effects are hot flashes and vaginal discharge. Some women experience irregular menstrual periods, headaches, fatigue, nausea and/or vomiting, vaginal dryness or itching, irritation of the skin around the vagina, and skin rash. As with menopause, not all women who take tamoxifen have these symptoms. Men who take tamoxifen may experience headaches, nausea and/or vomiting, skin rash, impotence, or a decrease in sexual interest.

According to Melanie Grimes, award winning writer, a study was conducted by *Cancer Research Center in Seattle, Wa*. According the Dr. Li, the author of the report, long term tamoxifen usage increases risk by four-fold for a more aggressive, difficult-to-treat type of cancer in the breast opposite or contralateral, to the initial tumor.

This report follows previously published findings by Dr. Li in 2001, in which the same findings were reported. At that time, Dr. Li found a five-fold increased risk of estrogen-receptor (ER)-negative breast cancers in breast cancer survivors taking tamoxifen.

Grimes goes on to say, " It's (tamoxifen) use is deemed to have a 20% success rate in preventing further incidences of cancer. For this reason, many breast cancer survivors are long term users of tamoxifen, and this news is disturbing for both them and their caregivers."

Most cancers will return in 5 years, due to tumor reseeding and the patient reverting back to their original lifestyle and flawed diets. This is why patients are told to take tamoxifen for five years. People are simply hoping to be saved and they take the medicine, never reading the side effects and warnings. Have you read the side effect of taking aspirin? Anyone who ever read the warnings of aspirin would avoid aspirin also, but like tamoxifen, people simply do what their doctors tell them to do.

Tumor Reseeding: Even After the Cancer is Gone

Your doctor declares that you are cancer free, but he neglects to tell you about tumor reseeding. Cancer cells are like jinn. If they feel that you are going to bring a sheik to get rid of them, they will go and hide on the roof until the sheik is gone. The other things that jinn do often is bring in many other jinn to fight you off. Jinn consider this a threat on their life. If you stop them from doing their job, then they will be killed by the big boss Jinn or the Devil himself. Cancer cells are much the same.

During treatment of cancer, some very tiny or even one very tiny cancer cell will go hide to avoid detection. Once the treatment to cure cancer is over, a very tiny cancer cell will come back to the place where the original cancer was and reseed and cause in some cases, a more aggressive type of cancer. This tumor reseeding is why doctors give tamoxifen hoping to kill all tumor reseeding chances. Tamoxifen is more damaging that the original cancer, however.

The best way to avoid tumor reseeding is with Nigella sativa or black cumin. By taking black cumin twice a day for your entire life you can with the will of Allah, avoid further cancers. See the section on black cumin to understand more.

Why are so many people put in doctor's hands, when you should trust Allah? No one really needs my services if they follow the instructions in this book. Do I need to see if your cancer has reseeded? You need to follow a healthy lifestyle and pray and that is all you need.

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Chapter Two

Are All Cancers the Same?

All cancers are not the same and in order to know which remedy you need, you must first understand that some cancers are more curable than others. Many can testify that Pancreatic Cancer is the worse cancer to have, due to it not having any notable warnings early on in the disease. By the time it is diagnosed, the cancer generally has spread to the liver and stomach area. However, news today is that Nigella sativa is very successful in the annihilation of pancreatic cancer cells. Researchers have stated that Nigella sativa can be used in conjunction with chemo and radiology to be highly successful, but I am against any kind of chemical in the body.

Prostate cancer on the other hand has a very high rate of survival along with thyroid, testis, melanomas and breast cancers.

Secondary Cancers

Curing a primary cancer is different than secondary cancers. Secondary cancers come with a vengeance and although you might have cured your primary cancer, curing secondary cancers are much harder. Your protocol for secondary cancers much be more assertive and twice as strong as the primary cancer.

How to Cure Cancer

Is curing cancer really that easy? No, it is hard to do, but you can be cured of any cancer with some simple guidelines. Also remember that curing your cancer depends on how early the cancer was diagnosed. Stage I prostate cancer has a 95% chance of survival.

Stress is one of the biggest killers and you must be calm. Having a deadly disease in your body is like having a snake in your stomach killing all the babies you conceive. Some jinn do exactly this. They reside in your body and every time you get pregnant, the jinn kills the baby, thus many women cannot conceive.

After you have done everything I have asked you to do, then you are ready to apply natural medicine to your body to rid the cancer. God will guide you and open doors for you that you never thought was possible. The first steps in curing cancer is to clean your body the best you can of all the toxins.

We will go into detail about bowel and liver cleansings. If you are physically able and in stages I and II you should do a thorough bowel cleansing and begin fasting. If you are in stages III and IV or where the cancer has spread to other organs, you will have to begin slower and do as much as you are able to do and you must eat a healthy diet and exercise moderately.

There are many things that will help you to be well. We will also teach you how to perform EFT or Emotional Freedom Technique. Dr. Mercola has one of the best free programs online.

An alkaline body cannot be cancerous. One of the fastest ways to reduce a tumor is by drinking mineralized water and fasting. This is easily accomplished by going on a vegetarian diet and drinking nothing, but your mineralized water with a bit of bicarbonate soda and lemon juice. Eat a vegetarian meal, wait four hours, eat again and wait four hours and eat your third meal. After your third meal, do not eat anything at all. Go to sleep and do not eat anything for at least 16 hours. If you are unable to wait 16 hours due to being very weak, then wait as long as you can. The next day, try to extend your fasting a bit longer. Repeat this schedule 7 times and do this fast once every month.

Try this for one week and you should see an immediate decrease in the size of your tumor. If you are very sick and cannot fast for one week, then fast one day and eat a regular vegetarian diet the second day. The third day begin the fast again.

Diet and supplementation will be your main goal in curing your cancer. I will emphasize over and over the necessity of having black cumin three times a day, 4 cloves of garlic, a low fat or vegetarian diet and absolutely no sugar at all. Sugar feeds cancers and you want to avoid all forms of sugar and limit fruits to a bare minimum. Many fruits are high in natural sugars and should be limited. Although on the highly successful Budwig diet, she does allow fruit.

There are many diets to consider and I will give you a few alternatives to choose from. Keep in mind that you can no longer eat processed meats of any kind, no red meat of any kind and no fish of any kind. You will be giving up all dairy, except raw goat yogurt (if available), no white flour or rice either.

I will suggest some teas to make you healthy and which supplements are best for your wellness. One woman was cured of cancer simply by taking black cumin three times a day with the garlic and prayer. She did nothing else. So the information I am giving you is to help you live a long productive life. Cancer will make you want to live. It will show you that life is beautiful and it will also show you who your true friends are.

Another man cured his cancer by drinking saffron tea daily. He cured his kidney cancer, but he does not say how long it took him. Here is a recipe to consider:

- Saffron tea (1 glass)
- 10 saffron threads
- 1 teaspoon of honey or Stevia substitution (raw honey and no sugar)
- 1 cup boiling water

Directions:

1. Place the saffron and the honey in a mug and pour the hot water over the ingredients.

2. Steep for 5 to 6 minutes.

3. Enjoy!!!

Knowing the many benefits of saffron will make anyone want to have a cup of tea.

Funny how many people will shun you when you are sick? They will visit you and tell you to have faith, but they no longer want to take you to the market with them or invite you to vacations they will take with their well friends. Learning how to cope with depression, sadness and abandonment will also be dealt with. Cancer makes you so sick; you can't eat or go out and socialize like before.

Cancer can be cured and you do have hope. Cancer is not a death sentence. It is merely a test from Allah and you must be patient. You must grow closer to Allah and you will survive. Be positive and plan for your future. There is hope, I am sure.

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Chapter Three

Bowel Cleansing

Cleaning the body is very important if you have cancer. You cannot take black seed daily and eat like a pig the rest of the week. It is important to go on a bowel cleansing, take the right supplements and eat a healthy diet. Rebounding on a mini-trampoline is the best form of exercise for indoors. For outside, walking is the best exercise and make sure you do not over tire yourself.

It is essential that you have one hour of sunshine daily also. If you have skin cancer, you will want to supplement your diet with vitamin D and stay indoors. If you do go outside for sunshine, as suggested by Dr. Johanna Budwig, then do not sun bathe between the hours of 10 AM to 2 PM, when the sun is the hottest and does the most damage.

If you are using olive oil for treatment of your cancer or disease, do not go out with the olive oil, as it will turn your skin brown or dark, ego speaking here.

There are many bowel cleansings available, but the natural ones are the best in my opinion. Twice a year I do the watermelon cleanse and it is one of the best in my opinion. It is easy to do and the cost is very little. All you do is buy 3 large watermelons and eat one a day. You eat nothing, but watermelon and it will cleanse you of everything. By the end of the three days, you will hate watermelon though, lol.

Another easy way to cleanse your bowels is with the Dr. Johanna Budwig yogurt mix. Simply take a quart of yogurt (raw and goat is the best if available) and drain all the liquid off. Take 1/3 cup of this yogurt cheese and add in 2 tablespoons of freshly ground flax seeds, pinch of cayenne and enough water to make the mixture easy to stir. Add in some fruit if you like, such as bananas or peaches. Make sure to drink a whole glass of water with this mixture which should be eaten twice a day.

Traditional bowel flushing is one where you eat nothing, but fruits and veggies. This is basically a raw diet, as you have seen on TV or the internet. One of the most powerful ways to cleanse your bowels with is by juicing. Juice veggies, such as carrots, celery, kale, dark green veggies, ginger, parsley and barley grass. A very powerful way to prevent cancer is by drinking one ounce of fresh broccoli juice daily.

Easy 7 Day Liver Flush for Cleansing Only

- 1 glass of water
- 1 T of cold pressed olive oil
- 1 clove of garlic
- Juice of 1 grapefruit, lemon and orange

Put all in the blender and blend on high for one minute. Drink 1/2 hour before breakfast. This will not flush out stones, but will cleanse the system.

Easy Egg Yolk Flush

- 1/2 cup lemon juice (freshly squeezed)
- 1/2 cup egg yolks
- 1 tablespoon cold pressed olive oil

Mix the lemon juice and egg yolks together and drink. Then take the olive oil. Go lay down for at least 30 minutes and do not eat anything for 2 hours. You must take this first thing in the morning or before you sleep. If you take this at night, make sure you have eaten or drank nothing for three hours. You can do this 4 days in a row and then you must wait 2 weeks before starting again. If you have any problems, such as an upset stomach, then do only 2 days and stop. There is nothing wrong in building up to a full flush.

The best way to get rid of all the sludge in your intestines is with a warm water enema. The Max Gerson Cancer Diet also suggests the use of enemas. The enemas are not required though.

Classic Coke Flush (Full Flush)

Any full flush is hard on your system and I recommend that you start with one of the easy flushes and work up. If you have been newly diagnosed with cancer, then working on a cleansing protocol will be easier than if you have stage III or IV cancer, as you will be weaker and more sick.

Three days prior to doing this liver flush drink at least a quart a day of freshly squeezed apple juice and eat several apples a day also. Eat regular meals, but eliminate meats and processed foods.

Right before you go to bed take:

- 5 ounces CLASSIC coke
  6 oz. extra virgin olive oil
  2 tbs of freshly squeezed lemon juice

When you wake up:

Take 10 ounces of Citrate of Magnesium - available online or at drug stores.

Next 30 Days:

Drink 1/4 cup of apple juice, first thing in the morning when you wake up and right before you go to sleep. The juice must be freshly juiced. You should see many stones dropping during the month. A good way to catch the stones is with a colander or strainer.

Other things you can do to support your liver

1. Supplements suggested by the Berkson Clinical study is selenium, Alpha lipoic acid and milk thistle. A group of women took these supplements as directed, changed to a healthy diet and started exercising and their livers improved tremendously. They were facing liver transplants and now the transplant was not necessary. Note to self: buy some milk thistle, alpha lipoic acid and selenium.

2. Coconut oil is very good to help your bile flow freely and the Gerson Diet also recommends the use of coffee enemas.

3. Use turmeric daily. Do not use turmeric if you are on any kind of pharmaceutical medicine though. Although turmeric is very good, it is not easily absorbed in the system, so simply taking some capsules each day will not do the trick.

Dr. Mercola recently published a very good article on curcumin (turmeric) and he stated to place one quart of water in a pan and bring it to boil. Add in 1 tablespoon of the powder and boil for several minutes. Allow the liquid to cool and drink. The mixture should be drunk before 4 hours has elapsed.

The problem with this mixture is that your tongue and teeth may be permanently colored. This measure allows for easy absorption though. What I did is when the water has reduced some, I add a small amount of rice to the mixture, around 1/2 cup and I cooked the rice. I ate the rice daily with some raw goat yogurt. My teeth did not turn color this way.

4. Drink 1/2 cup per day of beet juice.

5. Detox your home. Cleansing your liver and bowels are important, but more important is to detoxify your home. Quit using all harsh detergents, aerosol sprays, insect repellants and foil. Do not cook in aluminum pans and cook with electric if at all possible.

Castor Oil Flush

Adults (approximate body weight 70 - 79kg (155 - 175 pounds):

Pour 40 ml to 75 ml (1.5 to 2 ounces) of castor oil in a cup and add an equal amount of orange juice that is freshly squeezed to it and mix well. Do this flush first thing in the morning, when you wake up on an empty stomach.

Wait for 15 - 30 minutes and then start sipping hot water, one cup at a time. Drink at least 3 to 4 cups, but wait 10 to 15 minutes between each cup. You will start having bowel movements.

After 2 to 3 bowel movements, stop drinking the water. Now drink one glass of yogurt to stop the bowel movements. The rest of the day eat only fruits and vegetables.

Warning: People who should avoid this flush?

Children below the age of four and pregnant women. However, before planning for pregnancy doing this is excellent. This keeps the body healthy for the baby.

Very ill people should not do this cleanse. If you are suffering from fever or have diarrhea or dysentery.

People with liver problems or poor liver functions should not do this cleanse.

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Chapter Four

DIETS

There are about as many diets for cancer available as there are types of cancer. Choosing a perfect diet would depend on a few things. Being able to get the items needed, such as good quality flax oil or raw goats yogurt for the Budwig diet or organic grapes for the grape cure.

Keep in mind that your body needs to be pure and clean, so having the right ingredients to eat is imperative. If you cannot get good quality flax oil and not one your local herbalist has sitting on his shelf for the last year and a half, but one that is freshly cold pressed in a dark bottle that has been refrigerated.

I have a friend that owns a local shop here in Jordan and he knows nothing at all about flax oil. He only knows it costs a lot and he is willing to sell it to whomever wants to purchase the oil. I told him once he is giving cancer to people. People hear on TV that flax oil is good for cancer, so they run to the local herbalist and buy what they can afford and they die. The herbalist did not store the oil properly and it went rancid. He sells them nothing, but a bottle of pure cancer.

According to Mike Adams of Natural News.com, there are some basic guidelines when choosing a healthy cancer diet. First you must avoid all: enriched bleached flour, white rice, white pastas and other white foods. Also avoid all sugars, sucrose and high-fructose corn syrup.

Sugar feeds cancer and all sugary food must be avoided including sugary sodas and drinks. Many bottled juices are full of sugar and should always be avoided. You should eat nothing, but low-glycemic foods. These are foods that rate less than 55 on the glycemic scale.

Foods to avoid are hydrogenated oils, trans fats and foods containing nitrates, such as processed meats. Processed meats include bacon, luncheon meats, hot dogs, doughnuts, french fries, crackers, chips and cookies. Many of these foods are made with hydrogenated oils and trans fats.

Eat foods high in vitamin C, such as cabbage, red and green hot chili peppers, green bell peppers, thyme, parsley, kale, mustard greens, garden cress, broccoli, cauliflower and Brussels' sprouts. Fruits high in vitamin C are guavas, kiwis, papayas, oranges, tangerines and strawberries.

Other things Mike suggests to do is to get plenty of sunshine and low to moderate exercise. Oxygenate your body and do not let the cancer survive. It is also advised to have your vitamin D levels checked and if you are deficient as many are, supplement and

beat this disease. If you go outside wear a wide brim hat, as this will protect you from the sun's strongest rays.

Also, drink plenty of filtered water, not tap water. Omega 3's are also important for cancer patients. You can get this if you are following the Budwig diet plan or taking the Budwig mixture twice a day, like I suggest.

Your diet should include juicing in the evening with carrots, celery and any good cancer preventive foods, such as broccoli, parsley and garlic. Eat the Budwig mixture with flax seeds twice a day and have your fruit in the morning. You may have limited low sugar fruits, but eat more vegetables than fruits. Even natural sugars will feed the cancer. Make sure to peel all vegetables and fruits that you can. Needless to say you cannot peel a strawberry or a head of lettuce.

When purchasing lettuce or cabbage, discard the outer leaves as the outer leaves contain the toxins to avoid. Fruits like strawberries cannot be peeled or washed with a vinegar bath and should be limited or avoided all together. If the farmer growing the strawberries used fertilizers or insecticides, the strawberry will absorb them easily.

A natural wash for all vegetables, except lettuce, cabbage, onions, potatoes, etc is one with a bit of vinegar in the water. Leave apples, assorted fruits and vegetables in this water for 5 to 10 minutes and then rinse well. Store the vegetables after they are dried.

You can have steamed vegetable, vegetable soup or beans for lunch. Limit your cooked food to once a day. Eating raw is always best. Salads are great and a salad topped with beans is very delicious. You can have one steamed potato every other day.

Eggs are not forbidden by Dr. Johanna Budwig, but they are not recommended either. Your diet should be low fat and egg yolks are high in fat. She also forbade any pharmaceutical pain medicine and tried to get her patients to use alternative pain herbs, such as ginger, cayenne and ginger. Here is a simple pain medicine to try.

In a bowl put 2 large tablespoons of ground powder ginger, 2 large tablespoons of turmeric and 1 large tablespoon of cayenne. Mix the ingredients well. Take 1/2 teaspoon of the mixture and mix in a glass of water and drink. Take as often as needed. Do not take this mixture if you are on any type of pharmaceutical medicine.

If you find your pain is too hard to bear, then try reducing your medicine slowly. Budwig also suggested avoiding any supplements except fresh herbs. You can use good quality herbs and not the ones you find at your local grocery store. Look for pharmaceutical grade supplements from a good company, such as Iherb.com.

Part of your diet must include black seed supplementation three times a day. Do not listen to these websites which try to sell you large quantities of oil. You do not take black seed with food, you must take it on an empty stomach. Black seed will build up your immune system and cause you to be able to fight cancer naturally.

She was also a fan of not using fluorescent lights and a believer in faith healing. Faith heals all diseases. It has been proven that people who believe in God heal faster. If you sincerely believe in God, as The Healer, then you will know that everything happens for a reason and that Allah's decision is always the best.

Other things to keep in mind is that some advocate the use of meat and fish in diets and I strongly do not. They suggest that grass fed animals can be eaten safely, but the grass is depleted of the majority of nutrients and with the recent Japan crisis and the radiation falling to the ground, grass feed beef is not safe or advisable to eat.

If you feel that you must eat meat, then choose turkey or chicken no more than twice a week. Do not buy vegetarian meat as they are fed with corn and corn is toxic. Avoid all corn products to include pop corn, corn oil, corn starch and corn flower.

James Sloan of curezone.com has suggested that chapparal is the best herb for cancer along with pau d' arco, nettles, olive leaf, dulse, chagas, ashwagandha and suma. Androghaphis is especially good for blood and lymphatic cancers.

Carrot Juicing a Must

With primary cancers, you may find that curing your cancer was simpler with just the black seed protocol, but especially with secondary cancers and stage IV cancers you need to drink 1 quart of carrot juice daily. This juice can contain 1 apple, cauliflower, broccoli, beets, romaine lettuce, ginger and or garlic. You can add any other vegetable that you please including pineapples and their core.

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Chapter Five

Eating Less is a New Health Remedy

Dr. Oz was one of the first doctors to emphasize that eating less cured disease and increased wellness and longevity. He and others suggest that eating 20% less has shown to be a way to increase longevity and cure cancers. This means if you were eating 2000 calories before, you can now eat 1600 calories. If you were eating 5000 calories before, you must eat 1600 calories now, not 20% less.

Statistics have shown that obese individuals are highly susceptible to cancer. A healthy weight is necessary. You must have a BMI of no more than 25 and a waist, if you are a man your waist should be no more than 35 to 40 inches, depending on your height. If you are a woman your waist should be no more than 32.5 inches to 33 inches.

The way to measure your waist is by sucking in your stomach and then measuring. Take your height and divide that figure in half. So if you are 5'6" (66 inches) tall, your waist should be 33 inches.

A manual way of measuring your BMI is to take your weight in pounds times 700 then divide that figure by your height and then divide that figure by your height again and that is your BMI. So if you weigh 150 pounds, times that figure by 700 = 105,000 and divide that figure by your height of 66 inches = 1,590.91 and then divide that figure by 66 inches again = 24.10. So your BMI is under 25 and you are considered to be healthy.

How healthy is a person whose BMI is under 25, compared to a person 30 or more, technically the lower BMI is better, but to know the entire story, you must know the blood sugar or the person, the triglycerides level and if they have high blood pressure. Blood pressure will come down normally with weight. If you have dangerously high blood pressure, do not take a chance. Blood pressure is a silent killer and can kill quickly.

Choosing the Right Foods

Most people choose wrong foods to eat. You can eat 100 calories of cucumbers or 100 calories of potato chips. Eating the right foods, in the right combinations is essential. Food combining is as important as the diet itself. Once you start learning more about food combining, you will know how food ferments in your stomach and rots. This improper digestion may lead to disease.

Don't eat sour fruits with sweet fruits. This means that you should wait at least one half hour after you have eaten a piece of sweet fruit, such as banana or mango before you eat a sour fruit, such as an orange. Typical tradition in Jordan is to serve a plate of many fruits to their guests after the meal with a cup of tea. We now know that fruit should be served before the meal and never mix sour and sweet fruits together.

Fruits pass through your digestion system quickly and usually within a few hours. Rice, meats and breads may stay in your colon for up to three days. So if you eat a large meal with meat or rice and then eat fruit, your fruit stays behind the meat meal and becomes toxic.

Melons will give you 1000's of blessings, but melons should be eaten alone and not with the meal. Americans typically will serve cantaloupe with the meal itself, not as a desert. It is a traditional way to eat. The Perricone Diet also requires lots of cantaloupe with the meal for improved skin and facial texture. Health rules state otherwise though. Eat melons alone and before the meal.

Proper food combining also states to not eat meat with rice or potatoes, another common American tradition. What would life be without a huge steak and baked potato? You should instead eat meat with vegetables for proper digestion. You can eat rice or potatoes with vegetables and never eat fruit with vegetables, such as eating cantaloupe with peas and carrots. Again remember if y ou have cancer, avoid meat,

When you start developing proper eating techniques, your digestions will be better, you will not have so much flatulence and hopefully you will be well.

Things to Avoid

Sugar feeds cancer and all forms of sugar should be avoided. Keep in mind that fruit contains natural sugar and you should limit your consumption of sugary fruits. Also stay away from all the white's to include white flour, white rice, and sugar. You can eat limited amounts of whole wheat flour.

Also remember to never microwave any foods at all. Do not eat barbecued meats which are cooked at high temperature and charred. Avoid all aluminum products to include baking soda, aluminum pans and even supplements and foods sealed with foil.

Avoid non-fermented soy, pork, MSG and all processed meats. Avoid all negative type people also. Stress will add to your cancer condition and it is a time to be relaxed.

Needless to say some of your family members may not agree with your decision to rely on God and go natural. It is best to tell them that you love them, but you need to do what is best for you. Ask God for his mercy and his blessings during these difficult times.

Fasting

Fasting is part of all cancer diets for those able to fast. There are several types of fast. There are juice, water and dry fasting. Water fasting has some very good benefits. Several have documented tumors being totally removed due to a water fast to thirst. This means you drink water according to thirst. In order to fast according to thirst, you must build up your body first with lots of nutrient enriched foods. Then start water fasting slow. Attempt a one day fast, then a three day fast and then a seven day fast. The ultimate goal is to fast for 30 to 40 days, but this may be too much for a very sick patient.

The fruit fasting is the most typical of fasting diets. To fast with orange juice, simply drink the juice of one orange diluted with water every hour and drink one class of apple juice daily. You will also need to take epsom salts for the first three days. Simply mix one tablespoon of epsom salts with a cup of water. Heat the water till the salt is dissolved and then drink the water when cooled.

Do not take the epsom salts more than 3 days in a row. If you see any sign of being constipated and a rash or break out on your skin, you should stop fasting. It is also advisable to check your blood pressure when fasting as a sudden drop in blood pressure can lead to a health crises.

Any prolonged fast should be monitored by a doctor, especially a water fast by thirst only.

Dr. Bruess Fasting Diet

Dr. Bruess has a wonderful fast for those who are physically able to fast. His rate of success is extremely high. His diet consists of juicing and liquids for 42 days straight. If you cannot do 42 days, then do what you can physically handle. Understand that in the beginning you will be very tired and wonder if this diet is worth giving up your favorite foods. Here is what is in the Bruess juice: 55% red beet root, 20% carrots, 20% celery root, 3% raw potato and , 2% radishes . You can have herbal teas also. Everything is in liquid form. In order to do the fast properly, you should buy his book and read it thoroughly.

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Chapter Six

Stage IV Cancer Cures

As a prior cancer victim, I can tell you that there are many types of cancers and some cancers, like the stage IV cancers have been ignored for years. It is easy to put in your mind that these signs will just go away or some type of virus in the air, but as the toxins increase and the body becomes ravaged with tumors, the cancers spread. You cannot die from a cancer tumor, you can die from chemotherapy and when the tumors spread to other organs.

Original cancers are not near as bad as secondary cancers. Sometime cancer cells will hide when the person is treating cancer and retreat to another part of the body and return to the original site of the cancer, once treatment has been finished, such as in tumor reseeding. Once the tiny tumor cell implants itself again and has a chance to spread, the secondary cancer is much worse and more difficult to cure. Let's remember Tammy Faye Baker. Her breast cancer was cured and then she came down with lung cancer which killed her eventually.

This is why it is imperative to keep up the cancer protection for years and why when we are looking at actually surviving cancer, we look at five year rates, not just cured of the disease immediately. Both chemotherapy and the drug given to breast cancer survivors and others called tamoxifen may cause secondary cancers. These secondary cancers usually spread quickly and thus we have stage III and stage IV cancers. Stage IV is considered the final stage of cancer, such as what Michael Douglas had with his esauphagus cancer, but really stage V cancers are the last stage.

In this article we will delve into the strongest cancer therapies around. Some I will endorse because of what worked for me and some will be mentioned from statistics and educational knowledge provided. In the end you will have to choose what suits your pocketbook and your lifestyle. Stage IV cancers are the most expensive because you must act quickly and directly and this is your last chance to survive. You cannot use delayed emotions and stuff this problem in a drawer like you would a bankruptcy notice. You must act now.

Step One - Improving the Immune System

Understand the cycle of cancer. First cancersous cells literally steal glucose from non-cancerous cells and by doing this cause fatigue and causes what is called the "lactic acid cycle" in your body. So when treating any cancer you must work hard to get rid of cancerous cells and build up the other non-cancerous cells.

Most cancer patients are weak and have lack of appetite. This lack of appetite causes them to not want to eat properly, much less the boring juices and foods necessary to sustain the body. Once the patient goes one or two days without eating properly in stage III or IV, the cancersous cells

have a chance to cause more damage, spread faster and destroy what good cells are left.

Chemotherapy does the same thing. Chemo destroys what good cells are left, including the cancersous cells and after the chemo treatment is done, the body is so weak and may not recover as predicted. Warning labels on chemotherapy predict secondary cancers, but yet cancer patients are so frightened and convinced that chemo is their only salvation, that they will forgo danger signals and go for the single most powerful thing that will kill you. Suzanne Somers stated that Patrick Swayze did not die of pancreatic cancer, he died from chemo. No truer statement can I repeat today.

Read: What is Cancer?

So how can you Build up your Immune System and Live Better?

First line of defense is Nigella Sativa. Nigella sativa is not a stage IV treatment that will work alone, but it is a very strong way to improve your immune system with more than 100 nutrients and vitamins. Nigella sativa, also known as black cumin and black seed has been proven to cure pancreatic cancers 82% of the time, highly successful in colon, breast and prostate cancers also. So when dealing with any cancer, use Nigella sativa three times a day along with garlic. Fresh garlic is best.

Order the best Black Cumin Oil from Mountain Rose Herbs

Do not believe those articles on Natural News or other health places that tell you that you can improve your immune system with simple herbs and garlic. These are not strong enough for stage IV cancers. You need something to attack your system strong and keep it working in perfect condition.

Another way to build up your immune system is with LifeOne. LifeOne is something new on the market and it is very expensive, $129 a bottle. For stage IV cancer patients this may be something to consider and even if you are not stage IV, this may be a good way to beat your cancer. Dosage requirements are 15ml 3 times a day. One 16 ounce bottle contains 473 milliliters or 31.50 servings. So for one person you will need 3 bottles a month or $390 plus shipping. Discounted prices are available for $359.99 for 3 bottles or a one month supply. Instructions show you that you must give up sugar and simple carbohydrates. LifeOne is recommended by Ty Bollinger - Cancer - Step Outside the Box.

Ingredients in Lifeone are: chrysin, curcumin, resveratrol, selenium, green tea, quercetin and more.

Supplemental Program for Stage IV Cancers

A good supplemental program by a well known cancer expert that is very complete. It is not cheap, but it will heal your cancer, heart disease and most major illnesses.

1. **N-Acetyl Cysteine (NAC) $10.29 for 100 Capsules**
2. **Iodine - Isaacs says it is a must. $9.89 for 2 ounces**
3. **Inositol/IP6 $18.76 for 180 Tablets**
4. **A Good Calcium $19.99 for 200 Tablets and Magnesium Supplement $8.88 150 Softgels**
5. **Curcumin $22.52 for 120 Capsules**
6. **BloodTonic $32.95**
7. **Cayenne Pepper tincture $8.75 2.9 ounces**
8. **Black cumin oil - Finally he has smartened up! $29.19 16 ounces**
9. **RM-10, a proprietary blend of 10 mushrooms by Garden of Life $39.15 120 Capsules**
10. **Vitamin B-17 $83 for 100 Tablets**
11. **Colloidal Silver - Another Must in His Opinion:$21.36 each and you need 2 = $42.72**
12. **Fucoidan, which is found in brown seaweed $18.99 60 Capsules**
13. **Chaparral - $16 for 1 pound**
14. **Bromelain - $16.60 for 120 Capsules**
15. **Myrhh - 10 ml $14.75**
16. **Pancreatic Enzymes/Digestive Enzymes - $64.71 180 Capsules**
17. **Grapeseed Extract - $16.79 100 Capsules**
18. **CoQ10 - $26.94 100 Capsules**
19. **Essiac tea - $28.50 1.5 ounces**
20. **Pau d'arco - $6.43 for 100 Count**
21. **Andrographis - $18.88 , nettle leaf - $12.10 , bladderwrack - $11.58, and black walnut hull - $10.46.**

And more, he states: "Make sure you have plenty of iodine, selenium, magnesium, potassium, zinc, vitamin C, calcium and Vitamin D." So iodine, magnesium, calcium with vitamin D3 is in my list above. So he wants you also to have vitamin C - $14.99, selenium - $8.48 and potassium - $3.59.

The supplements and oils come to $615.88 and that could be needed monthly. Now some of the supplements will last longer than one month. What is not included here is the budwig protocol items such as flax seed oil and seed. I recommend the Budwig protocol on any stage of cancer.

Many Recommendations for Bill Henderson's Protocol

Bill Henderson is well known for his reasonable priced protocol using an abbreviated Budwig protocol with a few supplements, which Henderson states will cost $5.15 per day. There have been countless testimonies using his cancer protocol, like Margaret Bremel who beat her ovarian cancer**. Margaret is vastly against chemotherapy.** She wrote a book called The Cancer

Odyssey: Discovering Truth and Inspiration on the Way to Wellness

Bill Henderson recommends:

- Beta Glucan for the immune system $17.97
- Green Supreme - Green Barley Powder to alkalize the body and for the enzymes it contains $28.95.
- Green Tea - Drink 3 to 4 cups daily - 5 pack for $29.69
- Heart Plus. Take this with the tea. $11.98
- Vitamin D3 $13.28
- Curcumin $22.52

If you have stage IV cancer - A must is his helping hand. For less than $200, Henderson will explain his program in detain. Sign up Here

The Budwig Center Protocol

Another stage IV alternative is the Budwig program. Not just a regular program but the actual in house program or at the very least their home study program with supplements. Stage IV cancers are in the final stage and it is imperative you seek the best. One week at the Budwig center cost $6000 and the recommended 3 week protocol cost $18,000. The at home programs start at $1200. To contact the Budwig Center. Website

Programs Recommended by Cancer Tutor.com

A website recommended for alternative therapies has their own recommendations also: They recommend some of the ones I do above and also:

- *The Cellect-Budwig Protocol*
- *The GB-4000 Protocol*
- *The Cesium Chloride / DMSO Protocol (i.e. the Essense of Life Protocol)*
- *The Bob Beck Protocol*
- *The Brandt Grape Cure with Cellect - Using Black, Red or Purple Grapes*

Conclusion

The end of this very long article has arrived and I am sure you are confused and wondering which protocol is the best. This subject needs prayer and lots of prayer and guidance from the one who knows best. I suggest you consult your family and explain to them that you are going to choose a natural protocol and ask for suggestions. Look at your pocketbook and then decide. All these programs are very good. I pray that your journey is easy and peaceful and I pray that you will pass on the news to others that there is life after cancer.

All Six Parts of my Series: The Cost of Cancer

- The Cost of Cancer - Part VI - Raw and Organic Lifestyle
- The Cost of Cancer - Part V - Nigella Sativa - Black Cumin - Black Seeds
- The Cost of Cancer - Part IV - The Max Gerson Cancer Protocol
- The Cost of Cancer - Part III - The Bill Henderson Protocol
- The Cost of Cancer - Part II - The Budwig Flax Seed Oil Protocol
- The Cost of Cancer - Part I - The Tony Isaac's Anti-Cancer Protocol

Easy Stage IV Diet

This diet is very easy to do and there is no proof that it actually works except for a very few amount of people who claim it helped. The author claims it cured his stage IV cancer and he went on to write a book about his experience.

It is not on the top lists of diets recommended, but it has been used by me for a long time and I always recommend it as part of a cancer treatment program. My edited form of this diet should be used by everyone, whether sick or not as it contains a lot of healthy foods, such as cayenne which I highly recommend and garlic. These two items alone are very good ways to cure your cancer.

The originator of the diet is Kelly Eidom and I seriously questioned his diet to begin with as a one stop cure all. I often wonder if this was not a way to sell books and make money more than a way to cure cancer. Can a labane sandwich alone cure cancer?.

Here is the diet

Grate one habaneros pepper each day, putting it on bread. Grate two cloves of garlic each day, putting them on bread. 1-2 Tablespoons of Emulsified cod liver oil each day.* Twin Labs makes some wonderfully flavored cod liver oil. I used the cod liver oil because I was not losing any weight or dealing with fluid retention. If I had either of those

conditions, I would have used evening primrose oil instead of the emulsified cod liver oil. (Tony Isaacs comments)

Smother the grated garlic and habaneros peppers with real butter and eat it. No margarines of any type can be used..

That's it!

Krill oil can be used and may be a better substitute than cod liver oil. It also does not make sense to use any type of bread as we know white bread is not allowed on any type of cancer diet. I am a thorough believer that cayenne and hot peppers can cure many diseases, but I would say here that this is part of a protocol for cancer and not the only thing you must do.

Now what I did to this diet was to eliminate the butter totally and use labane instead. Labane is yogurt with all the liquid drained off and thus forming a cheese like substance.

Butter is full of fat and I found it unacceptable. I made my own healthy bread with broccoli included in the bread along with oregano, sesame, black cumin seeds and more. Although this cancer diet would not require such extremes, it is a healthier version.

I was not able to find the very hot habaneros peppers, so I found the hottest cayenne pepper I could. I used the powder and sprinkled tons of the stuff on the sandwich and I used three to four cloves and not just two

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Chapter Seven

How to Treat Depression Naturally

If you are on the Budwig diet then your depression must be treated naturally, unless you are in a suicidal state or so depressed that you cannot cope and do your cancer routines. Being on a cancer diet is not easy and you must give up many of the foods you love. Having pain, feeling bad and then not knowing what the future holds will put stress on anyone.

Some will not be able to communicate to others how they feel. If you are in this condition then, there are some very good natural remedies that work and then there is St. John's Wort for those who are not sticking strictly to a Budwig protocol. St. John's Wort has few side effects and is the number one prescribed alternative medicine for depression.

St. John's Wort however is only for low to medium depression and is not suitable for manic depression. If you have manic depression or bi-polar disease, you may need a doctor to help you. Yes, I know everyone is telling you to have faith and handle this on your own, but if you are sick and depressed to the point of doing something rational, I want you to seek help.

For those of you who are mildly depressed, there are a few natural remedies you can use. One of the best is with the use of fresh ginger and black seeds. Simply take a one inch piece of ginger and peel it. Mince the ginger fine and mix in 1/2 teaspoon of ground black cumin seeds. Eat this straight and you will feel so relaxed that you will not care if the earth shook under your feet violently. It is extremely relaxing.

Other remedies for depression are:

- Anise tea and mint.
  Chamomile Tea

Eat at least 2 bananas and feel happy
Dancing helps people to feel happy

Never be by yourself when you are depressed. Go shopping, visit a close friend, and eat something delicious, even if it is not on your diet. Eating something special once in awhile will not kill you. Happiness is not always easy, but remember that we all love you and are so waiting for your testimony to be posted on my website about your success.

EFT - Emotional Freedom Technique

Emotional Freedom Technique is a way of releasing stress in your life, to lose weight, to eliminate pain or even in some cases cure cancer. Not all cases of cancer have been cured, but there are some notable case studies done by Gary Craig, retired owner of emofree.com, which were treated successfully using EFT.

My sister died of brain cancer and she asked the doctor why she got brain cancer and he told her it was due to stress. Stress may originate in your stomach and we feel that the stomach is the root of all disease in the body. If you are sad or depressed, you eat. If you are mentally unstable you either eat or starve yourself. Learning how to relieve stress and eliminate pain may help you cure your cancer and live a strong healthy life.

The procedure is quite easy to do and what you do is tapping on pressure points. The easiest manual with a self-explained video is the one on www.mercola.com. There you will learn how to do a simple calming exercise on how to relieve stress. You can take those same affirmations and use them for any illness or disease.

You want to say affirmations, such as "Even though I have cancer, I am completely happy with myself and I know I will be well. The original affirmation states that you are completely happy with yourself only. I further believe we must make affirmations that the cancer is gone. Tap to yourself, "I am not sick and I will walk again." Make only positive affirmations.

You will be tapping on your nerve pressure points on the top of your head, at the beginning of your eyebrow near your nose, on the side of your eye, under your eye, under your nose, on your chin, on your chest under your collar bone, on your side, on your hand and on your wrists. These pressure points will help you to relax and let the stress go.

You must rate your problem or disease with a number from 1 to 10. After the session, you will rate your problem or disease again and you will see the number has decreased. You must tap around 10 times a day. When you wake up, when you go to bed, after you eat and each time you go to the bathroom. If you are in pain, then you should tap each time you feel the pain.

One woman cured her stage 3 uterine cancer with tapping (EFT) and the Bruess juicing program which is explained earlier in the book. She juiced for 6 weeks only, not 42 days as the diet suggests. Two years after her cancer was cured, she was still doing good. Some people who used EFT only had 50% improvement in their cancers, while others were completely healed.

Healing Cancer Naturally strongly suggests that this cancer technique must be multi-pronged, which means you must do a multitude of things to include following the Budwig diet, exercising, taking in some sun daily, detoxification (cleansing of the liver, kidneys, bowels), handling your emotional problems through prayer and faith and doing EFT. I have seen EFT work successfully on many things include losing weight. I strongly encourage all of you to allow this to be part of your cancer treatment. I also believe that those who did not have success with EFT may be those who had no faith in the program itself.

There are many online free courses on how to do EFT properly. For many it is seen as a life changing experiences. http://www.healingcancernatural.com/eft-emotional-freedomtechnique.html

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Chapter Eight

What Do I Use to Cure Cancer?

I have given you a whole lot of material to absorb here and the ultimate question for me to answer is how I cure cancer for my patients in Jordan. First I examine the patient and see if there is anything I can do. A man the other day wanted to use my services, but he has extremely advanced leukemia. He did not know there was natural healing and like most he trusted the doctors. I informed his uncle that I could help him, but the family still being afraid of natural medicine chose to stick with the doctor. The next week, the uncle came to me and told me the medicine had side effects and his cousin was entirely blue on his face. I wished him well and told the uncle, "Why do people avoid natural medicine and come to me two weeks before death?"

My treatment is very easy and it can be done if you have cancer in the early stages. First you must go on a strictly vegetarian diet. You can have no meat, no chicken and absolutely no fish. You can have one cooked meal a day, but nothing fried. The meal can consist of a huge salad with some beans topped on the salad or a tuna salad made with yogurt once a week or ten days. You can have steamed vegetables with a potato. You can have whole wheat pasta twice a month only with homemade tomato sauce. You can have anything you want that is vegetarian and you can have brown rice twice a week.

Eggs are not forbidden, but limit them to 3 a week. Use only cold pressed olive oil. Eat the Budwig labane mixture twice a day. Make sure to have your carrot juice at night and a green smoothie for breakfast. Take all your supplements too.

Each day you must take black seed oil three times. You take one teaspoon of a good quality black seed oil and one teaspoon of raw honey (this is imperative) 1/2 hour before breakfast, in the afternoon and before sleep. You can take ground seeds and honey one time a day, if you prefer, but no more. Taking more black seed oil will not help. Also eat

4 cloves of garlic daily. Some will put them in capsules. If you just can't do this, then your second alternative is to mix 1 teaspoon of garlic powder with some honey.

Other components of my diet

I believe strongly in the power of prayer. I believe that if you believe in your heart that you will be well and you are living a good life that God will save you. I believe cancer is a trial, like any other problem in this life

Whatever comes your way, whatever trial you face, you can succeed.

The final suggestion I want to tell you about is healing cancer sores caused by the disease itself or from the use of chemotherapy, something I am very much against. There are many homemade recipes to treat the open sores, but what I have found to work the best is colloidal silver.

You must buy a generator and the best comes from http://www.silverpuppy.com. You can buy a simple pocket puppy there for around 100 dollars and he will ship it anywhere in the world. He is very good at helping you get the best price. You will need some distilled water or do like I do and use car battery water and then you will need a small pint jar. Place the water in the jars and then place the two silver rods in the water.

You will be attaching some alligator clips to the wires and then you will have a generator that is run by electricity. You will have to heat the water for a few hours. Once the water is ready, the light on the generator will go off. You must clean the rods with a paper towel to remove all the residue.

Place the water in a spray bottle. I use a brand new perfume bottle and fill it up with this silver water. Spray all of your sores with this water and you will be healed, if God so wills. I used this same water to save the life of my cat. She was extremely sick and after two operations could not be saved. I ordered this generator and she is alive today.

Colloidal silver is good for a number of things to include the flu and strep throat. The investment in this generator will help your entire family, including your pets. Natural medicines are better any day than some pharmaceutical poison.

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Part III - Islamic Approach for Healing Cancer

Chapter One

Known Fact: Listening to Quran Cures Cancer

Listening to the Quran over and over will cause all disease to disappear, Inshallah (if Allah wills). Always before listening to the Quran, make wudu (wash and prepare for prayer) and then pray two rakats and seek Allah's protection. If you are unable to pray standing up, sitting down or laying down in your bed is completely acceptable.

Lay down in a halal (permissible) room and cover your eyes with a wet cloth or band of some kind to keep your eyes from wandering. This is a time for meditation only on the Glorious Quran and what Allah is saying.

A permissible room should be one where it is very quiet, no pictures or statues of any kind and where there is nothing haram (forbidden) in the room. Choose a room where children do not play regularly and where no one, but yourself will be in while you are listening to the Quran.

Are there specific Quranic verses that work best when desiring cancer to be healed? The verses that are suggested to listen to are Sura Fatiha, suras 2 (Al-Baqarah) and 3 (Al-Imraan).

The patient is not required to listen to the Quran any number of days or any amount of times, as stated by the Fatwa on Islamweb. The patient should listen to the Quran and read the following verses until he is well. Allah knows best. You may want to read these suggested verses over some water, oil or honey to use in your daily life. It is best that a very religious person reads on the water and oil for you. If you need surgery, don't you

choose the best doctor or surgeon? Verses to read for healing in addition to listening to the Quran:

Chapter Al-Fatiha

The first five verses of Chapter Al-Baqarah

Verses no.163, 164,165, 255, 256 and 257 of the same Chapter

The first five verses of Chapter Al ‘Imraan

Verses no.18, 26, 27, 54, 55 and 56 of the same Chapter

Verses no.117,118,119 of Chapter Al-'A‘raaf

Verses no. 79, 80, 81, 82 of Chapter Yoonus

Verses no.65, 66, 67, 68, 69 of Chapter Ta Ha

Verses no.115, 116, 117, 118 of Chapter Al-Mu'minoon

Verses no. 21, 22, 23, 24 of Chapter Al-Hashr

The first fifteen verses of Chapter As-Saaffaat

Verses no. 31, 32, 33, 34 of Chapter Ar-Rahmaan

Verses no. 3, 4 of Chapter Al-Mulk

Verses no. 51, 52 of Chapter Al-Qalam

Verse no. 3 of Chapter Al-Jinn

Chapter Al-Kaafiroon, Al-Ikhlaas, Al-Falaq and An-Naas

It is suggested by some to pray on all drinking water, but it is not necessary to do in all cases. Listening to the Quran and reciting of dua is all that many have used to cure their cancers. If you decide to read Quran on your drinking water, make sure to read on a small container and not huge. Use a container the size that would hold no more than 1 gallon of water.

Make sure the water comes to the top edge of the pan you will be reading on. Place your lips close to the water and recite the above verses and make sure you are reciting in a medium clear voice, where you will see a slight movement of the water. After you finish reciting, spit in the water slightly so the water contains your saliva. You, the reciter, must take the first sip of water and seek the reward from Allah.

Some websites suggest you pray on bath water, but this is literally impossible unless you can bathe on a very tiny bit of water. It is better to pray on some oil and rub the oil on the

affected area of disease and pray the 3 protection verses on yourself and ayat al-kursi before you sleep. Make sure to pray into your cupped hands and then rub your hands all over your body starting at the top of your head and going all the way down to your feet.

It should be noted, however that the fatwa does state that bathing in the water is completely acceptable. If you pray on water, you may not dispose of the water down the drain. The water must be placed in your garden, as Allah's words can never be deposited in filth.

After reading the verses you should say this dua:

1. "Allaahumma Raban-nas, athhibil-baas,washfeehi/washfeehaa. (O Allah, the Lord of mankind, remove this disease and cure (him or her)" seven times.

2. "As'alu Allaaha al-'Atheem Raab al'rshil-al'aatheem an yashfiyak (I ask Allah the Great, Lord of the Mighty Throne, to cure you.)" seven times.

3. "A'uthu bikalimaatillaahi 'ataammaati min ghadhabih (I seek refuge with the perfect Words of Allah from His wrath.)" three times.

4. "Bismillaahi ash-shaafi allaahuma ishfi 'abdaka wa-saddiq rasoolak (In the Name of Allah, the Curer. Cure Your slave and affirm the words of Your Messenger)."

However the Sheik issuing the fatwa suggested that these words are better to say for ruqyah:

The patient should put his hand over the pain and say: "Bismillaah" (In the name of Allah) three times and then say *"'A'oothu bi'izatillaahi wa qudratihi min shari ma ajidu wa uhaathir (I seek refuge in the Might and Power of Allah from the evil of what I experience and expect.)"* [Muslim]

"Athhib al-baas rabbanaas biyadika ash-shifaa' la kaashifa lahu Illa ant ((O) Lord of the people, remove this disease, recovery is in Your Hand and You Alone are able to remove the disease)." The Prophet, PBUH, used to give Ruqyah using this supplication. [Muslim]

"Bismillaahi yubreek, min daain yushfeek, wa min sharri haasidin itha hasad wa shari kulli thi 'ayn (In the name of Allah, Who cures you from the disease and from the evil of an envier when he envies and every evil-eye.)" Jibreel (Gabriel) used to give such a Ruqyah when the Prophet, PBUH, had any complaints. [Muslim]

"Bismillaahi arqeeka min kulli shayin yu'theek wa min sharri kulli nafsin aw 'ayni hasid, Allaahu yashfeek bismillaahi arqeek. (In the Name of Allah. I give you a Ruqyah to treat you from all that troubles you, and from the evil of every soul and from the evil of the eyes of an envier. Allah will cure you; and in the Name of Allah, I give you a Ruqyah)." This was another type of Ruqyah that Jibreel (Gabriel) gave the Prophet, PBUH. [Muslim]

The fatwa goes on to say that you should make sure you do nothing bid'ah or forbidden. The verses listed here and the procedure is not for any one disease, but for all disease. These verses can also be used for evil eye and jinn.

No cure can come where the patient does not believe. In Islam we are healed by faith. Healing with the Quran is just one part of the cure.

One of my favorite ways to heal the sick is with these verses:

- Sura Fatiha
  Sura 2 verses 255, 285 and 286
  Sura 7 verses 18 and verse 122
  Sura 9 verses 14, 20, 69
  Sura 10 verse 57
  Sura 16 verse 69
  Sura 17 verse 82
  Sura 20 verse 69
  Sura 26 verse 80
  Sura 41 verse 44
  Suras 112, 113 and 114

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Chapter Two

Dua for Cancer

There are many duas which claim they are specifically for cancer. Praying ruqyah on the sick is sunnah. Ruqyah is permissible, as long as nothing forbidden is said or done. Do not follow anyone who tells you to say 810 times Allah Akbar or 915 times La Hawla Wa La Quwwata Illah Billahil 'Ali al Azeem. These are innovations of our religion.

May Allah bless the one who guided me to Islam and on the right path. Ameen.

1. Bismillahir Rahmanir Rahim
In the Name of Allah Most Gracious Most Merciful

2. Wanunazzilu mina alqur-ani ma huwa shifaon waraHmatun lilmu'mineena
"And We send down of the Quran that which is a healing and a mercy for those who believe."

3. Wa-itha maridtu fahuwa yashfeeni
"And when I am ill, it is He Who cures me".

4. Waqul rabbi ighfir wairham waanta khayrur rahimeena
"And (O Muhammad) say: "My Lord, forgive and have mercy, for You are the best of those who are merciful."

5. Amman yujeebu almudtarra itha daAAahu wayakshifu alssoo-a
"Who is it who answers the distressed one when he calls upon Him and removes the affliction..."

6. Qulna ya naru koonee bardan wasalaman AAala ibraheema
"We (Allah) said: "O fire, be coolness and peace upon Abraham."

7. Waayyooba ith nada rabbahu annee massaniya alddurru waanta arhamu alrrahimeena
"And Ayyub, when he called to his Lord, (saying): "Indeed adversity has afflicted me, and You are the Most Merciful of those who are merciful."

8. annee maghloobun fantasir
..."Indeed I am overcome, so give help."

9. la ilaha illa anta subhanaka innee kuntu mina alththalimeena
..."There is no god except You. Be You glorified. Indeed, I have been of the wrongdoers."

10. Faistajabna lahu wanajjaynahu mina alghammi wakathalika nunjee almu'mineena
So We responded to him, and We saved him from the anguish. And thus do We save the believers.

11. inna rabbee AAala kulli shay-in hafeethun
"...Indeed, my Lord is Guardian over all things."

12. Hasbun Allahu Wa Ni'mal Wakil
"...Allah is sufficient for us, and excellent (is He) for trusting."

13. Watawakkal AAala Allahi wakafa biAllahi wakeelan
"And put your trust in Allah. And Allah is sufficient as Trustee."

14. Alaysa Allahu bikafin AAabdahu
"Is not Allah sufficient for His slave? ... "

15. huwa mawlakum faniAAma almawla waniAAma alnnaseeru
"...He is your Protecting friend. An excellent Patron and an excellent Helper."

16. Alhamdulillahi Rabbil 'Alamin
"All praise is for Allah,the Lord of the worlds."

17. niAAma almawla waniAAma alnnaseeru
"...an excellent Protector and an excellent Helper."

18. fatabaraka Allahu ahsanul khaliqeena
"...So blessed be Allah, the best of creators."

The last phrase is not in the Quran but it is mentioned in hadiths of the Prophet (s). It is recommended to say this phrase to gain relief for various problems:

La Hawla Wa La Quwwata Illah Billahil 'Ali al Azeem
"There is no might and no power except by Allah, The Most High, Most Great".

Allahu Alim.

This is the end of my book and I hope that you can be well, whether you are Christian, Muslm or someone who is confused we ask Allah to heal you, to make you understand his will and to give you extreme patience. May Allah forgive me if I have said anything wrong or incorrect.

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Resources:

•http://www.theepicentre.com

•The Muslim Woman.com

•http://theblessedseed.com

•http://www.sheikyasim2.com

•"Benefits of Black Cumin," IloveIndia

•http://www.sheiknazim2.com " naturalmedicine.html" sheiknazim2

"Traditional Herbal Medicine Kills Pancreatic Cancer Cells, Researchers Report." (May 20, 2008) Science Daily

•http://www.tbyil.com/

•http://www.fatfreekitchen.com/home-remedy/worms.html

•http://blackpioneers.albertasource.ca/resources/glossary.html

http://www.bbc.co.uk/news/health-14819396

http://www.7cgen.com/

http://www.islamweb.net/emainpage/index.php?page=showfatwa&Option=FatwaId&Id=19134

http://www.dilhaidesi.com

http://www.allvoices.com/contributed-news/8035500-the-best-cure-for-all-diseases-is-the-quran

http://www.kaheel7.com/eng/index.php/secrets-of-quran-a-sunnah/238-healing-by-listening-to-quran

http://www.cancer.gov/cancertopics/factsheet/Therapy/tamoxifen

http://www.edwardtufte.com/bboard/q-and-a-fetch-msg?msg_id=0000Jr

http://www.naturalnews.com/026931_cancer_Tamoxifen_breast.html#ixzz1XTcAg0FG

http://www.deepdownwellness.com/store/livercoke.html

http://www.aulia-e-hind.com/AllahsPharmacy.htm

http://www.islamicbulletin.com/newsletters/issue_16/diet.aspx