



# **Black Cumin: The Magical Egyptian Herb for Allergies, Asthma, Skin Conditions, and Immune Disorders**

*Peter Schleicher, Mohamed Saleh, Peter, M.D. Schleicher, Mohamed, M.D. Saleh*

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- The first book to fully explore the extraordinary effectiveness of black cumin against immune-system disorders, allergies, asthma, and skin problems.

- Written by the world's foremost experts on black cumin.

- Includes precise directions for preparation and specific recipes for treating a variety of ailments.

The extraordinary healing powers of black cumin have been known for centuries in the Middle East where the Prophet Mohammed himself declared: "Black cumin heals every disease except for death." It enjoyed wide use in ancient Egypt as a digestive aid and as an effective medicine for colds, headaches, toothaches, and infections. Because of its complex chemical structure--it has over one hundred active ingredients--black cumin has positive effects on the respiratory, immune, circulatory, digestive, and urinary systems. It is enormously effective against asthma, stomach ailments, and numerous skin conditions, ranging from acne to psoriasis. It also has been the subject of intensive scientific research indicating that it strengthens and stabilizes the immune system and is greatly beneficial in the treatment of allergies. It has even been found to be beneficial in the treatment of impotence when the causes are primarily physiological.

This book will serve as an invaluable resource for anyone interested in the healing properties of this incredible plant. It contains everything you need to know in order to use black cumin for the prevention and treatment of illness, including specific recipes for infections and allergies, and precise directions for their preparation. The authors even provide a section on the use of black cumin as a beauty aid and as a culinary staple.

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