



cayenne

HOT, MILD AND COOL

Ever taken a bit of a spicy dish and suddenly felt red and hot? Might have been a bit of Cayenne; a pepper in the Capsicum family used in cooking and herbal therapy. Capsicum annum is well known for its heat producing abilities and its high concentration of Capsaicin, the chemical compound responsible for its ability to function as a circulation tonic and opener. This effect has far reaching benefits in the body as healthy blood flow is needed for cardiac, brain, and all tissue health.

The mechanism of increased blood flow after Cayenne ingestion is vasodilation of the circulatory system. By dilating small vessels and capillaries in the extremities of the body, blood flow to these regions is increased. This results in the surrounding tissues being warmed and cleansed by the blood; they also receive more oxygen and nutrients. A daily dose of Cayenne can certainly be of benefit to those who perpetually suffer from cold hands and feet but the circulatory benefits of Cayenne involve many systems of the body. Blood pressure is reduced when the vessels of the extremities are vasodilated and the heart experiences a reduced work load.

The circulatory benefits of Cayenne involve many systems of the body.

Memory and mental abilities can improve with increased blood flow to the brain and libido and sexual functioning can dramatically improve due to heightened

blood flow in the genital tissues. Used topically, Cayenne can increase circulation and warmth in tissues to reduce joint, muscle and nerve pain.

Capsaicin has many health benefits beyond improved circulation. It has anti-fungal and anti-microbial properties as well as incredible pain blocking abilities. It works to reduce pain by depleting a neurotransmitter named 'substance P' so that pain signals can not be carried to the brain. Current research has revealed that Capsaicin has tremendous potential to reverse insulin resistance and diabetes mellitus and it is being explored as an anti-cancer agent by a number of research groups.

Capsaicin has many health benefits beyond improved circulation

Albi's Cayenne products provide a selection of potencies so that you can choose which 'level' of heat is right for you. Although Capsicum annum is a safe herb to take in high doses, some people experience digestive upset after consumption

Albi's Cayenne products provide a selection of potencies

due to its potent heat producing ability. If you're someone who loves the heat then give the "Hot" a try and if you're more cautious with your spices then try the "Mild". "Cool" is also an excellent



option since it contains large amounts of therapeutic Cayenne but adds peppermint, a cooling herb to balance the heat created in the stomach.

albinaturals.com

