**Black Seed-The Remedy for Everything but Death**

**"*This humble, but immensely powerful seed, kills MRSA, heals the chemical weapon poisoned body, stimulates regeneration of the dying beta cells within the diabetic's pancreas, and yet too few even know it exists,"* the article summarized the peer-reviewed and published research on 10 of the seed's remarkable health benefits:**

**Type 2 Diabetes:** Two grams of black seed a day resulted in reduced fasting glucose, decreased insulin resistance, increased beta-cell function, and reduced glycosylated hemoglobin (HbA1c) in human subjects.[[ii]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn2)

**Helicobacter Pylori Infection:** Black seeds possess clinically useful anti-H. pylori activity, comparable to triple eradication therapy.[[iii]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn3)

**Epilepsy:** Black seeds were traditionally known to have anticonvulsive properties. A 2007 study with epileptic children, whose condition was refractory to conventional drug treatment, found that a water extract significantly reduced seizure activity.[[iv]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn4)

**High Blood pressure:** The daily use of 100 and 200 mg of black seed extract, twice daily, for 2 months, was found to have a blood pressure-lowering effect in patients with mild hypertension.[[v]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn5)

**Asthma**: Thymoquinone, one of the main active constituents within Nigella sativa, is superior to the drug fluticasone in an animal model of asthma.[[vi]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn6) Another study, this time in human subjects, found that boiled water extracts of black seed have relatively potent antiasthmatic effect on asthmatic airways.[[vii]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn7)

**Acute tonsillopharyngitis:** characterized by tonsil or pharyngeal inflammation (i.e. sore throat), mostly viral in origin, black seed capsules (in combination with Phyllanthus niruri) have been found to significantly alleviate throat pain, and reduce the need for pain-killers, in human subjects.[[viii]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn8)

**Chemical Weapons Injury:** A randomized, placebo-controlled human study of chemical weapons injured patients found that boiled water extracts of black seed reduced respiratory symptoms, chest wheezing, and pulmonary function test values, as well as reduced the need for drug treatment.[[ix]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn9)

**Colon Cancer:** Cell studies have found that black seed extract compares favorably to the chemoagent 5-fluoruracil in the suppression of colon cancer growth, but with a far higher safety profile.[[x]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn10) Animal research has found that black seed oil has significant inhibitory effects against colon cancer in rats, without observable side effects.[[xi]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn11)

**MRSA**: Black seed has anti-bacterial activity against clinical isolates of methicillin resistant Staphylococcus aureus.[[xii]](http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death#_edn12)

**Opiate Addiction/Withdrawal:** A study on 35 opiate addicts found black seed as an effective therapy in long-term treatment of opioid dependence.

**Here are 16 additional potential health benefits to add to the growing list:**

1. **Prevents Radiation Damage**: Nigella sativa oil (NSO) and its active component, [**thymoquinone**](http://www.greenmedinfo.com/substance/thymoquinone), protect brain tissue from radiation-induced nitrosative stress.[[i]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn1" \o ")
2. **Protects Against Damage from Heart Attack**: A thymoquinone extract from nigella sativa has a protective effect against damage associated with experimental heart attack.[[ii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn2" \o ")
3. **Prevents Morphine Dependence/Toxicity**: An alcohol extract of nigella sativa reduces morphine-associated conditioned place preference, an indication of morphine intoxication, dependence and tolerance.[[iii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn3" \o ")
4. **Prevents Kidney Damage Associated with Diabetes**: A thymoquinone extract from nigella sativa has protective effects on experimental diabetic nephropathy.[[iv]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn4" \o ")
5. **Prevents Post-Surgical Adhesions:** Covering peritoneal surfaces with Nigella sativa oil (NSO) after peritoneal trauma is effective in decreasing peritoneal adhesion formation in an experimental model.[[v]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn5" \o ")
6. **Prevents Alzheimer's Associated Neurotoxicity:** A thymoquinone extract from nigella sativa has protective effects on experimental diabetic prevents neurotoxicity and Aβ1-40-induced apoptosis in the cell model.[[vi]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn6" \o ")
7. **Suppresses Breast Cancer Growth: :** A thymoquinone extract from nigella sativa inhibits tumor growth and induces programmed cell death (apoptosis) in a breast cancer xenograft mouse model.[[vii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn7" \o ") [[viii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn8" \o ")
8. **Exhibits Anti-Psoriasis Properties:** The alcohol extract of nigella sativa seeds exhibit anti-psoriatic activity, consistent with its medicinal use in traditional medicine.[[ix]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn9" \o ")
9. **Prevents Brain Pathology Associated with Parkinson's Disease**: A thymoquinone extract from nigella sativa protects cultured neurons against αSN-induced synaptic toxicity, a pathology observed in the brains of patients with Parkinson's disease and dementia with Lewy bodies.[[x]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn10" \o ")
10. **Kills Highly Aggressive Gliobastoma Brain Cancer Cells**: A thymoquinone extract from nigella sativa exhibits glioblastoma cell killing activity. [[xi]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn11" \o ")
11. **Kills Leukemia Cells:** A thymoquinone from nigella sativa induces mitochondria-mediated apoptosis in acute lymphoblastic leukaemia in vitro.[[xii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn12" \o ")
12. **Suppresses Liver Cancer Growth:** A thymoquinone extract from nigella sativa prevents chemically-induced cancer in a rat model.[[xiii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn13" \o ")
13. **Prevents Diabetic Pathologies**: A water and alcohol extract of nigella sativa at low doses has a blood-sugar lowering effect and ameliorative effect on regeneration of pancreatic islets, indicating its value as a therapeutic agent in the management of diabetes mellitus.[[xiv]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn14" \o ")
14. **Suppresses Cervical Cancer Cell Growth**: A thymoquinone extract from nigella sativa exhibits anti-proliferative, apoptotic and anti-invasive properties in a cervical cancer cell line.[[xv]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn15" \o ")
15. **Prevents Lead-Induced Brain Damage**: A thymoquinone extract from nigella sativa ameliorates lead-induced brain damage in Sprague Dawley rats.[[xvi]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn16" \o ")
16. **Kills Oral Cancer Cells**: A thymoquinone extract from nigella sativa induces programmed cell death (apoptosis) in oral cancer cells.[[xvii]](http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2" \l "_edn17" \o ")

Why is such a powerful seed not yet on the radar of most medical and nutrition communities? We know [**sesame seed can beat Tylenol**](http://www.greenmedinfo.com/blog/eating-sesame-seeds-superior-tylenol-knee-arthritis) in reducing arthritis pain and can reduce cardiovascular disease risk factors in a manner that [**makes statin drugs envious**](http://www.greenmedinfo.com/blog/why-eating-sesame-seed-paste-tahini-could-save-your-life), and we know [**flaxseeds shrink breast**](http://www.greenmedinfo.com/blog/flaxseed-can-prevent-and-kill-breast-cancer-meta-analysis-confirms-1) and [**prostate tumors**](http://www.greenmedinfo.com/flaxseed-significantly-reduces-prostate-tumor-proliferation-in-humans/), but black seed's benefits are still largely under reported and underutilized.

More info here: <http://www.greenmedinfo.com/blog/16-more-reasons-black-seed-remedy-everything-death2?page=2>