



قال رسول الله صلى الله عليه و سلم : عليكم بهذه الحبة السوداء ، فإن فيها شفاء
من كلّ داء إلا السّام

The Messenger of Allah Sallallahu Alaihi Wasallam said: “Use this Black Seed regularly, because it is a cure for every disease, except death.”

Black Seed is a traditional herb that has been in use for thousands of years by people living in the Middle East and some parts of Asia and Africa to promote health and fight disease. It is also known as the “Blessed Seed.”

Black Seed helps support metabolism, digestion, lowers blood sugar levels and has been useful in the treatment of diabetes. In digestive matters, Black Seed helps to stimulate bile and promote regularity, improve digestion, and has been used to fight worms and parasites of the intestinal tract.

Black Seed is an excellent herb with many benefits, especially when it comes to maintaining a strong and healthy immune system. It is also very useful to individuals suffering from asthma and respiratory complaints, weakened or over-stimulated Immune system, kidney or liver problems, digestive and stomach problems, arthritis and circulatory complaints, allergies and hay fever, and acne. Black Seed is a safe and excellent herb that can be used by anyone. It has no known side effects and has a long history of use for several thousand years.

Studies have shown that black seed oil is an effective anti-oxidant, anti-bacterial, and anti-inflammatory remedy. As a result, it is often used to fight infections and strengthen the immune system, which is suitable for treating the following conditions:

- headaches
- toothaches
- nasal congestion
- colds and flus

- digestive and gastrointestinal problems
- hair and skin problems
- allergies
- diabetes
- menstrual problems

Black seed oil has also been found to be effective at promoting menstruation and increasing milk production when breastfeeding. For most ailments, the recommended daily dosage is one teaspoon of black seed oil per day. The oil can be mixed in warm or cold drinks, or it can be added on top of many foods right before consuming. It can also be used topically as a chest rub for respiratory problems, or rubbed onto the scalp for treatment of dandruff or hair loss.

Black Seed has an unprecedented strengthening effect upon the immune system, and works in a host of other ways to promote optimum health and well-being. It works by assisting the body in its own natural healing processes. It should be regarded as part of an overall holistic approach to health and ideally should be incorporated into one's everyday lifestyle. In this way, the many nutritional and healing properties contained in the seed can help build the body's immune system over time, supplying it with the optimum resources it needs to help prevent and fight illness.