Cayenne

Cayenne is very well-known as a spice that adds heat to many dishes. It's also first and foremost a powerful stimulant. Some people love it, others can't stand it. Most people only know it as spicy, but I've come to love cayenne for its healing benefits.

Warm Cayenne Tea

To brew a proper cup of warm cayenne simply steep ¼ teaspoon organic cayenne powder ten minutes in 8 ounces purified water. Do not strain. Just stir before drinking.

Cayenne Extract To make cayenne extract simply use one heaping cup organic **cayenne powder** in a pint sized mason jar. Cover the **cayenne** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. cayenne extract 7/24/15). Store overnight in a dark, cool place. The **cayenne** might absorb the alcohol, so if necessary for one week top it off daily with more alcohol and give it a good shake to keep the powder covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea to promote relaxation or combat chills.

Stovetop Cayenne Oil To make stovetop cayenne oil simply use one heaping cup organic cayenne in a pint sized mason jar. Stir the cayenne with unrefined organic coconut oil and place in a medium pot of cold water. On high heat, boil the water then immediately reduce heat to low and simmer 2 hours. Once the coconut oil melts, continue to add more oil until the jar is 3/4 full. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Allow the powder to settle and pour the oil into a clean jar and cover. Label and date the jar (example Cayenne Oil - 6/17/15). Store in dark, cool place. Coconut oil will solidify. Apply to joints and to shingles to help alleviate the pain.

Cayenne (*capsicum annuum*) is a stimulant known to be tremendously healing in a way that it can be used to ease upset stomach, aid circulation and digestion, and break up chest congestion and soothe coughs. Cayenne is a vasodilator, which means it fights inflammation with increased blood circulation to joints. It's also very good for your heart. It aids in weight loss, boosts the lymphatic system and is a powerful (topically and internally taken) pain killer. I've personally used it to combat chills, and I really wish I'd known it helps improve shingles back when I had that.



Organic Cayenne is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

Organic Cayenne
(1 oz $4.10)
(4 oz $11)
(1 lb $36.20)

Pickled Cayenne Peppers

My granddaddy taught me this simple recipe many years ago. To make pickled peppers, you'll need a handful of fresh cayenne peppers - organic apple cider vinegar - a pint mason jar with cover - optional garlic and spices
Directions: fill a pint sized mason jar with fresh red cayenne peppers, red apple cider vinegar, optional spices and cover tight. Place the jar on a sunny window sill for at least 30 days.
To use: eat a pickled pepper whenever you want. Grandpa loved to have his with greens.

WARNING: This information is not intended to diagnose, prevent, treat or prescribe any condition. This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.
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