



Capsicum annum

Family: *Solanaceae* (nightshade)

Properties:

Stimulant, astringent, hemostatic, carminative, anti-tumor, anti-catarrhal, rubefacient, analgesic, antispasmodic, antibacterial, anti-ulcer, anti-microbial, thermogenic, styptic.

Medicinal Uses:

- Circulation stimulant, warms body and extremities.
- Heart attack/Stroke (give victim 1 tsp. powder mixed with 1 cup warm water or dropperful of tincture under tongue-this is great to have in an emergency first aid kit)
- Heart tonic (supports arteries, blood vessels and heart)
- Rebuilds vein structures and removes plaque from veins
- Prevents blood clots, keeps blood flowing freely through the veins
- Lowers cholesterol and triglyceride levels, reducing heart disease
- Hemorrhage
- Digestive aid
- Diarrhea related to infection
- Arthritis, muscles and joints (internal and external)
- Cramps and menstrual pain
- Sprains and strains
- Ulcers
- Asthma
- Pain reliever (use topically)
- Relieves the muscle pain and tenderness caused by fibromyalgia.
- Relieves pain associated with shingles, chicken pox, and herpes.
- Relieves the pain and itchiness associated with psoriasis and eczema.
- Headaches



Annie's Place

- Cold and flu
- Sore throat, respiratory congestion, tonsillitis, laryngitis
- Oral health to prevent and heal dental issues
- Not medicinal but cayenne is used for self defense in pepper sprays and also for pest control in the garden.

Methods of Use:

- Make a tea using 1 tsp. cayenne to 1 cup warm water.
- Tincture or glycerite
- Powder, sprinkle a small amount into slippers or shoes to warm the frozen extremities during the winter.
- Capsules
- Honey
- Salve, ointment, liniment
- Include it in your meals, if you can handle the heat.

In the Garden:

- Cayenne likes a bright, sunny and warm location.
- Transplant into full sun after the last frost.
- Prefers dry soil, requires little water.
- Plant next to basil and cilantro, but stay away from sweet peppers, it will make them hot.
- Use gloves when picking, pick the fruit when it is bright red.
- For dehydrating and making powder, wash with warm water and dry completely. Remove stems (keeping those gloves on) and slice in half. Place on dehydrator tray and set the temp. between 135 – 145 for 8-12 hours.
- Once dry, blend into a powder and store in a cool, dark location.

Caution:

This is a perfectly safe herb but can be hot! Use appropriate dosages and watch for skin irritation. Not recommended for children under two and in small amounts for older children. Be careful when handling cayenne, it will burn, gloves are always recommended.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.