



health benefits of **Cayenne Pepper**

anti-inflammatory
ability to ease upset stomach,
sore throats & irritating coughs
stimulates digestive tract
helps produce saliva
helps with psoriasis
helps with detoxification
helps body dissolve fibrin
relieves joint pain
supports healthy weight loss
boosts immune system
may help prevent frostbite
anti-fungal properties



breaks up mucus & clears congestion
helps with migraines & osteoarthritis pain
excellent source of Vitamin A
aids in metabolizing food
stimulates intestinal peristaltic motion
helps support cardiovascular system
circulatory stimulant
anti-bacterial properties
helps with blood pressure
provides toothache relief



Lemon-Ginger-Cayenne Toxin Removal Tea

Ingredients

juice of half an organic lemon
2 Tbls grade B Maple Syrup
1/8 teaspoon cayenne
1 Tbls fresh ginger (optional)
10 ounces purified water

Instructions

Boil water. Peel & chop ginger into fine pieces. Add lemon, honey, cayenne & ginger in a mug. Top with boiling water & let steep for five to ten minutes, until ginger is strong & aromatic. Can also be poured over ice. Enjoy!

Health Benefits Of Cayenne

Daniel F McAuley



Health Benefits Of Cayenne:

Delve into the emotional tapestry woven by Crafted by in **Health Benefits Of Cayenne** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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