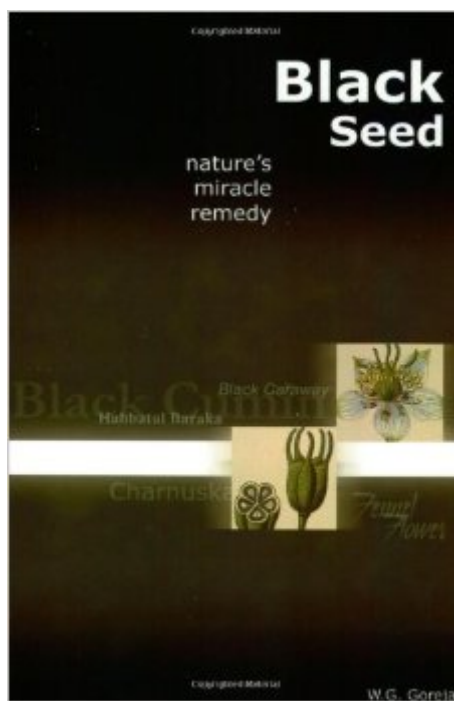


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# Black Seed: Nature's Miracle Remedy



## Synopsis

For centuries, the Black Seed herb and oil has been used by millions of people in Asia, Middle East, and Africa to support their health. An aromatic spice, similar looking to sesame seed except black in color, it has been traditionally used for a variety of conditions and treatments related to respiratory health, stomach and intestinal health, kidney and liver function, circulatory and immune system support, and for general overall well-being. Black Seed is also known as Black Cumin, Black Caraway Seed, Habbatul Baraka (the Blessed Seed), and by its botanical name "Nigella Sativa". This is the first in-depth book that covers its history of use from Biblical times up to the modern day with excerpts from research studies conducted throughout the world.

## Book Information

Paperback: 64 pages

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #235,499 in Books (See Top 100 in Books) #151 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments](#) #416 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #1735 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

This book is small but has a wealth of information. It's easy to read and understand. It has website information so you can purchase black seed oil. I found the history of medicinal usage really interesting and I've started using it and bought some for my Mom, who has high blood pressure. It's a very good and quick read!

Most of the material written I had already read about in various articles on the internet. I wanted to know how to take it, when to take it, etc.

History and properties of nigella sativa. How to use it in teas, cooking, and external applications for

various complaints and purposes. Would have liked a few recipes thrown in, but no complaints. Found it on the ingredients list for a naan recipe in my bread machine cookbook. Also one of the five ingredients in masala. Might want an ethnic cookbook for more recipes.

Not worth the buy, I would suggest you to look up information on Google, you can find much more information than in this thin pamphlet.

This small book introduced me to an ancient and miraculous seed for healing. It was concise and focused on this one subject which was just what I wanted. I've already loaned the book to others who were awakened to what was once widely known back in ancient times. Due to its small size, others will read it in one sitting and get the information. A thicker book would probably never be completed in our rushed society. I've since bought another book about Black Cumin seed which approached the subject from a different perspective.

The book is very interesting. But, it also leaves more questions for me! There are several mentions in the book about mixing the oil with water to spray onto pets for coat conditioning & flea/tick repellent, but NO PROPORTIONS given for the mixture. So far, just about everything the author has purported the oil to work for has proven out for me. If you are a first-time purchaser of the Black Seed Oil and have questions, I would definitely recommend this book to assuage your concerns/questions. Short, sweet, to the point -- almost to a "fault", but still a good resource.

This is a very good book and received it very fast!! I would highly recommend it to someone else!! It was very educational and told me a lot about this new product that I am using!

I found this book very informative. It was very concise and had some interesting information about black seeds. For the price it's a good buy.

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Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels)  
Seed by Seed: The Legend and Legacy of John "Appleseed" Chapman  
The Dandelion Seed's Big Dream (The Dandelion Seed Series)  
The Miracle Morning for Network Marketers: Grow Yourself FIRST to Grow Your Business Fast (The Miracle Morning Book Series)  
Miracle Girls #2: Breaking Up Is Hard to Do: A Miracle Girls Novel  
The Miracle Morning for Network Marketers 90-Day Action Planner (The Miracle Morning for Network Marketing) (Volume 2)  
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