

C u m i n O i l

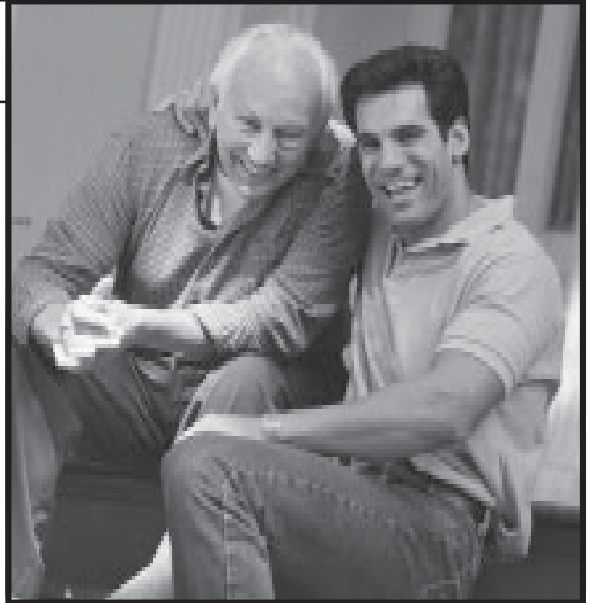
Cumin Oil

The Brain, Nerve, Liver, Digestion and DNA Repair

Get The Best Cumin Oil

100% Grade 10 Essential Oil of Cumin

- Grown on rich, fertile soil in clean air
Not inferior oils from toxic or sick plants
- Low temperature, steam-distilled
Not solvent-extracted (which leaves toxic solvent residues in the oil)
- No pesticides
- No fragrance boosters
No cheap artificial fragrances added to inferior oils to make them smell like higher quality oils
- Not blended with inferior oils
A common trick of companies is to blend the essential oil with partially toxic, rancid or solvent-extracted carrier oils such as safflower or canola



Ancient Food and Medicine

Cumin (*Cuminum cyminum*) is an annual plant belonging to the parsley and celery family. The essential oil is distilled from the cumin seeds, which look similar to caraway seeds (often confused in Europe). Plants of the cumin family have been used as food and medicine since humanity's earliest written records. Cumin was a favorite food spice and natural medicine of the ancients. It was used heavily by both ancient Egyptians and Hebrews, as it is today. It is mentioned in both Old and New Testaments. Cumin seeds have been found in the tombs of the Egyptian pharaohs.

Ancient Healing Plant

The ancients relied upon cumin and its oil to help many diseases: intestinal gas, digestive disorders, bloating, indigestion. In ancient Greece, cumin was known as the "best of condiments." The Greeks described how the oil applied to the skin gave an unsurpassable beauty. One oft-quoted text, A

Modern Herbal, describes how the ancients used cumin to relieve headaches, to improve circulatory disorder, to help reverse impotence and also used it as an aphrodisiac. Today in the Middle East, cumin is famous for helping heart disease, high blood pressure, poor circulation and lung problems. Other herbalists recommend cumin oil as a nerve, brain and body tonic and liver decongestant.

Inside the Cumin Seed

The rich oil of the cumin seed contains powerful compounds. The predominant compound, cumin-aldehyde, accounts for up to 40% of the oil content. Aldehydes are rich in naturally occurring oxygen compounds which can interact with human cells to make profound beneficial changes. Other natural

compounds include terpenes, terpinenes, cymene, limonene, farnesene and carophyllene. These natural constituents possess remarkable antioxidant, anti-toxic, anti-microbial, anti-

Major Benefits of Cumin Oil

- **Anti-Fungal:** Helps stop fungal infections
- **Liver Protection:** Helps increase the activity of glutathione-S-transferase, a protective liver enzyme
- **DNA Protection:** Helps protect cells and organs from damage from toxic chemicals
- **Powerful Antioxidant:** Helps block cellular damage
- **Anti-Cancer Agent:** Contains anti-cancer action
- **Brain and Nerve Booster:** Contains phosphatidyl ethanolamine, a phospholipid which nourishes and repairs nerve and brain tissue
- **Digestion:** Helps clear digestive disorders, such as gas, bloating, etc.

fungal, anti-parasitic, anti-spasmodic and diuretic actions, according to *The Illustrated Encyclopedia of Essential Oils*.

Powerful Infection Fighter

In the past 20 years, impressive research has shown the powerful infection-fighting properties of cumin. Researchers have discovered that cumin oil has significant anti-cancer, antiseptic, anti-fungal and detoxification properties.

Cumin oil has also been shown to be highly protective against toxic damage to the liver. Dr. Robert J. Marshall, a well-known clinical nutritionist, fondly calls it “the Liver Protector.”

Benefits of Cumin Oil

Let’s look at the list of cumin’s remarkable properties:

1. Anti-Fungal Properties

In the *Journal of Environmental Pathology, Toxicology and Oncology*, researchers found that the mighty cumin oil, even in very low concentrations (less than one tenth of one percent) stopped the growth of invasive forms of toxic yeasts. In addition, cumin oil completely stopped the production of harmful fungal toxins such as aflatoxin, one of the deadliest toxins known. In 1993, Egyptian researchers also found that cumin oil blocked the growth of fungus in very low concentrations. In the *Journal of Food Science*, investigators again confirmed that cumin oil is an aggressive anti-fungal agent which can completely stop fungal growth in modest concentrations.

2. The Liver Protector

In the *Nutrition and Cancer Journal*, numerous researchers identified the ability of cumin oil to increase the activity of glutathione-S-transferase, a well-studied protective liver enzyme. This enzyme helps the liver detoxify toxic chemicals. Therefore, taking cumin oil internally may help the liver remove cancer-causing chemicals and other toxins due to its powerful detoxification properties.

3. DNA Protection

In the *Nutrition and Cancer Journal*, researchers reported that cumin oil significantly inhibited DNA cell damage caused by aflatoxin. This demonstrates how cumin oil can protect cells and organs from damage by toxic chemicals.

4. Potent Antioxidant

Indian researchers found that cumin oil is a potent antioxidant, even more powerful than the highly regarded turmeric root. They found that cumin oil had a strong ability to prevent oxidative damage. In the *Journal of Food Science* in 1993, researchers demonstrated that cumin was superior in blocking oxidation and toxic cellular damage, more powerful than other famous spices such as garlic and onion.

5. Anti-Cancer Agent

In animal studies, Indian researchers found that cumin had valuable anti-cancer actions.

6. Brain and Nerve Booster

Cumin has a long history of use as an agent to improve nerve disorders. In the *Journal of Food Science*, researchers found cumin oil is extremely high in naturally occurring phospholipids, especially those related to nerve and brain development. Cumin oil is a concentrated source of phosphatidylethanolamine, a famous phospholipid which nourishes and repairs nerve and brain tissue as well as enhances cell membrane fluidity. A cell needs a flexible, deformable membrane to act as a primary defense against invasion by virus and antigen damage. Cumin oil is also rich in choline and inositol, two critical nutrients which support the function of the brain, nerve and liver.

Warning!

Research shows an enormous amount of tampering with essential oils in the U.S. marketplace. To enhance profits, unscrupulous companies often harvest essential oils from inferior grade or even toxic plants. In addition, many oils are extracted with harmful chemicals or solvents; these frequently leave toxic residues in the oil. Many companies also secretly “boost” the fragrance of their weaker essential oils with cheap synthetic perfumes that have a stronger scent (but are rarely listed on the label). To blend the essential oils, some companies also use partially toxic or rancid, solvent-extracted carrier oils such as poor quality olive oil or safflower oil (since they are much cheaper).

Beware of Toxic Oils

Unless you are absolutely sure of the quality of an essential oil, do *not* take it internally or use it on your skin; avoid even smelling it. Small amounts of toxic chemical residues taken internally (absorbed through your skin) can damage your liver and other organs over time. Wearing synthetic scents on your skin or even inhaling them can cause brain imbalances and brain damage. These toxic residues are cumulative.

Recommended Use

Internal Use (for adults): Take 1 drop in water or other liquids, one or more times per day. For larger amounts, a capsule can be filled with the oil and then taken immediately. Take once or twice per day. If you are sensitive, begin with 1 drop per day or less and increase the amount slowly.

External Use: The oil may be massaged into the skin and mucus membranes. Usually, it works best by diluting the cumin oil with high quality olive oil (50/50) or other oils. Avoid contact with the eyes or genitals.

For Cooking: Add a drop or two to salad dressings, dips, soups or entrees. It imparts a delicious, hearty, lemon-like flavor. Do not heat the oil.

References

Igram, Cass, *Cumin Oil as a Plant and Spice*, self-published, Buffalo Grove, Illinois, 1997.
Lavabre, Marcel, *Aromatherapy Workbook*, Healing Arts Press, Rochester, Vermont, 1997.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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