



## ALL NATURAL INGREDIENTS & NO CHEMICAL PRESERVATIVES

**Abochie Bark** - Good for aches and pains as well as PMS and pre-menstrual pains. Also relieves fibroids. **Acai** - Packed with antioxidants which help maintain heart, body, brain and skin. Known to have anti-aging and weight loss properties. **Aloe** - Cleanses the entire body. It is a strong laxative which purifies the intestines. It helps bowel movements, cleanses the colon, kidney, bladder, and moves morbid matter from the stomach. It also repairs menstrual cycle. **Black Seed** - Considered the blessed herb, which cures all kinds of *dis-eases*, except death, (Isaiah 28:25-27). **Bois Bande (Bark & Roots)** - A sexual stimulant and blood purifier. **Coriander** - Good for strengthening the heart. It aides digestion, relieves gas, and is a natural breath sweetener. **Ceresse** - Eliminates diabetes, hypertension, worms, dysentery and malaria. Also purifies blood and aides in circulation. Very effective for relieving constipation, as well as colds and fever in children. Promotes discharge after childbirth. **Cayenne** - Used for arthritis, heart ailments, good for blood circulation, removes mucus and slime from the bowels and intestines. Good remedy for gout and flatulence. Rich in Vitamins A, B, C, Calcium, Iron, Sodium, Phosphorous and Potassium. **Chenney Root** - Good for the treatment of syphilis, rheumatism, arthritis. **Chickory** - Good for diabetes, liver health and kidneys. It purifies the blood, cleanses the intestines and the colon walls, and balances sugar levels. **Dandelion** - Good for chronic arthritis, rheumatism, stiff joints, rich in potassium, calcium, phosphorous, Vitamins A, B, C, & D. Also rich in iron and magnesium. Helps to prevent pyorrhoea. Used to treat Jaundice, eczema, psoriasis and diabetes. It is also a natural source of iodine, which aids the pancreas in excreting normal amounts of insulin. **Distilled Water - Pure H2O. Flaxseed** - Good for lung and respiratory problems, urinary track disorders, coughs, catarrh, asthma, dysentery. **Garlic** - serves as preservative. Good for diabetes, and to balance blood pressure. **Ginkgo Biloba** - increases oxygen to the brain, improves memory and concentration. **Ginger** - Serves as preservative. Good for gout, arthritis, rheumatism. It relieves nausea, vomiting, gas, indigestion and menstrual cramps. **Golden Berry** - Packed with vitamins like Vitamin P(having bioflavonoids-anti-inflammatory, antioxidant, anticarcinogenic, antihistamine, and antiviral properties).

# BLACK SEED BITTERS

**PURPOSE:** Autointoxification    Endometriosis    Cancer  
 High Blood Pressure    Hot Flashes    Constipation  
 Diabetes    Asthma    Colon Cleansing  
 Aches & Pains    Arthritis    Memory  
 Colds & Fever    Hepatitis    Impotence  
 Fatigue & Anemia    Fibroids    Menstrual Disorders

**WARNING: DO NOT TAKE If you are a woman who is PREGNANT or having her menstrual cycle !!!**

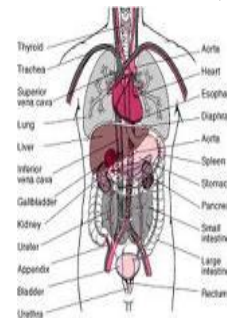
The #1 reason for using Black Seed Bitters as part of your daily diet is: to prevent and relieve autointoxification. Constipation and poor bowel movement (whereas fecal material has not been properly eliminated) can lead to the absorption of toxins into the body's bloodstream. This absorption of toxins from within the body's digestive system is a form of self-poisoning or autointoxification. The digestive system is connected to the circulatory and lymphatic systems, and once the toxins settle into the body's tissue, many diseases including autoimmune disorders occur. Some of the disorders include headaches, brain fog, depression, obesity, diverticulitis, PMS, bad breath, indigestion, gas, bloating, arthritis, body odor, and even colon cancer. It has also been reported that women who are constipated are four times more likely to develop breast cancer.

Constipation is generally caused by a combination of factors.

- Poor Diet:** too much coffee, refined sugar, starch, alcohol, and processed foods; not enough essential fatty acids found in flaxseed oil, borage and fish oils needed for lubrication of the intestinal system.
- Lack of Exercise:** exercise stimulates lymphatic flow, which can help create normal peristalsis. This produces three bowel movements daily.
- Medications:** many medications cause constipation.
- Not Enough Fluid Intake:** Lack of fluids (especially water) can cause dehydration, which leads to constipation.
- Lack of Time:** Many of us do not create the time to eliminate regularly.



**Honey** - Good for chronic constipation by serving as a natural laxative. A large amount of honey can cure insanity. Also good for people suffering from nervous breakdown. **Kelp** - Over 70 minerals and trace elements, antioxidants, high proteins, and enzymes. **Lemon** - Good for nervous system, lowers blood pressure, good for colds, asthma, bronchitis, and as a sedative. **Maca** Boost libido, sexual function and overall energy. **Classified as Peruvian Natural Viagra. Mahogany Bark** - Lowers cholesterol and balances blood sugar. It can significantly reduce hypertension. Also counteracts arthritis and acts as an **aphrodisiac**. **Oregano** - Good for stomach disorders, bronchitis, joint aches and pain, vocal chords, menstrual cycle, teeth and gums, cleanses intestinal walls. **Sea Moss** - Good for coughs, colds peptic ulcers, asthma, respiratory disorders, bronchitis and tuberculosis. Rich in iodine and it helps to tone up the glands. **Sorrel** - Good for rheumatism, kidney stones and is a good laxative.



African Holistic Health Chapter of NY  
 Visit our Wellness Store at:  
[www.africanholistic.weebly.com](http://www.africanholistic.weebly.com)  
 347-427-8668