

Cayenne

Botanical name: *Capsicum annuum*

Energetics/Actions: Pungent, hot with secondary cooling effects, dry, antioxidant, anti inflammatory, antibacterial

Description

The cayenne pepper is said to have originated in Cayenne, French Guiana but is now grown extensively in India, East Africa, Mexico and the US. It is dried and ground to a powder for use. There are almost 30 species of capsicum peppers. "They will cross pollinate with other peppers so plant them far away from your sweet peppers or you may have a shocking hybrid come harvest time!" -Althea.



Uses

Pain: Alters several mechanisms involved in pain and reduces substance P, a chemical that carries pain messages to the brain.

Musculoskeletal: Decreases joint pain and pain due to osteoarthritis.

Upper respiratory tract: Useful for treating coughs and congestion due to colds (but not allergies).

Metabolism: Early studies show that taking cayenne regularly increases core temperature which can help with fat burning.

Dose

Topical: For pain: Cream or ointment containing 0.0125% capsaicin to affected areas 3 times a day.

Internal: For cold symptoms: Mix ¼ teaspoon cayenne with 1 tablespoon apple cider vinegar, 1 tablespoon honey and 2 tablespoons water (may add ¼ teaspoon ginger if desired). Take 1 teaspoon as needed up to 5 times a day.

Safety information

Do not use on broken skin or near eyes. Cayenne can cause GI upset and may be unsuitable for people with GERD, IBS and other GI problems. Allergies to cayenne are uncommon, but do not take cayenne if you have ever had hives or a reaction to cayenne in the past.