

“Every night we go to bed without any assurance of being alive the next morning, but we still set the alarm to wake up. That’s HOPE!”

- **Author Unknown**

I love this quote. It’s a perfect reminder that none of us are promised tomorrow, but every single night, when we climb into bed, we are unconsciously hopeful that it will indeed come. That’s just one reason why we can never lose hope, even in the darkest of times. So if you ever feel like the world or someone in your life is telling you to “Give Up,” remember, it is hope whispering into your ear, “Just try one more time.” You’ll be glad that you did because good things await you.

Yours in health,

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I Hope You Like it Hot!



If you’re anything like my son and me, you love spicy food. Until recently, I didn’t realize how good it was for us. What if I told you there’s a popular spice that could help kill cancer cells, stop a heart attack, help with digestion, help alleviate sore muscles and potentially help with weight loss? What if I also told you it’s probably in your pantry right now? Would you be interested?

It’s the secret ingredient in my homemade guacamole that everyone who eats it seems to love. I use cayenne pepper. It’s a type of chili pepper that belongs to the nightshade family of flowering plants closely related to bell peppers and jalapeños. Believe it or not, it actually has a number of medicinal properties that will undoubtedly amaze you. I was quite surprised to learn that it’s high in a number of important vitamins like B complex, C and A as well as minerals like potassium and calcium. Its properties also help increase the efficacy of herbs as well as alternative treatments for cancer.

It probably sounds too good to be true right? Think about it. When you’ve eaten something that’s pretty spicy, have you noticed that your nose will run, your eyes may water and you may even start to sweat? The reason this happens is because cayenne pepper raises the temperature in the body as it increases circulation, which accelerates blood flow to the skin.

Its active ingredient is capsaicin, which is probably one of the biggest health secrets around. Some people consider it to be a true miracle spice (while some consider it a “medicinal herb”). It’s also inexpensive. These are the two biggest reasons why Big Pharma doesn’t want people to know about it. If they can’t patent it, they can’t make money on it. But I digress. I’d much rather provide you with a small list of its benefits to encourage you to learn more about this wonderful spice. Trust me, I’m only providing you with the tip of the iceberg. Keep in mind that you need to know the Scoville Heat Unit (SHU) rating of the cayenne you’re using. This scale was created by a pharmacist named Wilbur Scoville in the early 1900s and ranges from 0 (bell peppers) to 16 million (pure capsaicin). Most ratings are between 30,000 - 50,000 SHU’s, but some (like the African Birdseye cayenne powder) can get as high as 140,000 SHUs. You’ll have to work up to that. Here are just some of the benefits of cayenne pepper:

1. It has healing properties for the heart. A famed natural herbalist, Dr. John Christopher, was unsurprisingly persecuted by the government for his herbal medicine practice. One of the best stories he told from his very long career was how he could instantly stop a heart attack if he could get his patient to drink a glass of extra warm cayenne pepper water. He said that "A teaspoon of cayenne should bring the patient out of the heart attack." He recommends mixing 1 teaspoon into one cup of warm water and drinking it regularly to help improve your heart health.
2. It is a vasodilator, which means it reduces the production of compounds made by the brain that contribute to high blood pressure.
3. It appears to help heal ulcers in the stomach and intestines.
4. It helps regulate blood flow from the head to the feet, most likely because of its warming properties.
5. It helps alleviate muscle cramps and allergies.
6. It appears to help destroy prostate cancer cells. An article published in *Cancer Research* all the way back in 2006 stated the following: "*Capsaicin led 80% of human prostate cancer cells growing in mice to commit suicide in a process known as apoptosis (cell death). Prostate cancer tumors in mice fed capsaicin were about one-fifth the size of tumors in untreated mice,*" said Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University Of California School Of Medicine.
7. It helps the body remove toxins from the blood.
8. It helps increase the amount of heat your body produces, which helps you burn more calories. It does this through a process called thermogenesis, which causes your metabolism to increase.
9. It helps with pain (pain in the joints and muscles, pain from nerve conditions like shingles and lower back pain) when it's applied to the skin in a cream. The reason is because capsaicin helps reduce the amount of a neuropeptide produced by the body that travels to the brain to signal pain.
10. It helps treat wounds. There are some websites that will tell you to avoid putting cayenne pepper on a wound because of its heat. That's fake news. Simply place it on the wound and it will stop the bleeding in 10-15 seconds. If the wound is severe, drink the 1 teaspoon to 1 cup of warm water mixture I mentioned above. Why? Remember, cayenne pepper equalizes blood pressure when ingested.

The bottom line is this: Cayenne pepper is super easy to add to your diet. Just add a pinch (or as much as you can stand) to anything you're eating. Use it in place of salt to season your food (unless you're using Himalayan Pink Sea Salt – See April 2021 newsletter). If you're not a fan of the taste, add it to foods that already have a lot of flavor. A little goes a long way. You can also take it in supplement form. Many alternative doctors recommend a dose of 30 – 120 milligrams per day. Like anything, don't go overboard. Too much capsaicin can cause irritation to the stomach, mouth and intestines. Be sure to reach out if you have questions.

Have a wonderful month.