



health benefits of Cayenne Peppers



- anti-inflammatory
- ability to ease upset stomach, sore throats & irritating coughs
- stimulates digestive tract
- helps produce saliva
- helps with psoriasis
- helps with detoxification
- helps body dissolve fibrin
- relieves joint pain
- supports healthy weight loss
- boosts immune system
- may help prevent frostbite
- may ease diarrhea
- anti-fungal properties



- breaks up mucus & clears congestion
- helps with migraines & osteoarthritis pain
- excellent source of Vitamin A
- aids in metabolizing food
- stimulates intestinal peristaltic motion
- helps support cardiovascular system
- circulatory stimulant
- anti-bacterial properties
- helps with blood pressure
- provides toothache relief

**Lemon-Ginger-Cayenne
Toxin Removal Tea**

Ingredients
 juice of half an organic lemon
 2 Tbls grade B Maple Syrup
 1/8 teaspoon cayenne
 1 Tbls fresh ginger (optional)
 10 ounces purified water

Instructions
 Boil water. Peel & chop ginger into fine pieces. Add lemon, honey, cayenne & ginger in a mug. Top with boiling water & let steep for five to ten minutes, until ginger is strong & aromatic. Can also be poured over ice. Enjoy!



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IM Harris



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