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## The Health Benefits of Cayenne

By John Heinerman

Keats Pub Inc. Paperback. Book Condition: new. BRAND NEW, The Health Benefits of Cayenne, John Heinerman, Used for centuries by Native Americans and the Chinese, and brought to Europe by Columbus, Cayenne pepper's ancient curative powers have been confirmed by modern science. This guide surveys its medicinal uses. These include improving blood circulation, reducing the pain and inflammation of arthritis, alleviating colds and flu, and home remedies for common ailments. There is also a heat-intensity rating for different varieties of what is truly a "spice of life".

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