**Stop Bleeding in 10 Seconds with This Common Spice!**

**  April 18, 2017 | **  [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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If you are a parent of small children, you surely often find yourself in a situation to find a way and quickly stop the bleeding of their cuts.

Well, cayenne pepper is the most effective method to stop the bleeding of an open wound, and it even works in the case of deep cuts.

[eHow](http://www.ehow.com/how-does_4925036_cayenne-pepper-stop-bleeding.html) provides an explanation of its effectiveness:

*“Long hailed as a miracle-working substance, cayenne pepper can stop bleeding in less than one minute under most circumstances. The reason it works is because cayenne pepper reacts with the body to equalize the blood pressure, meaning an extra gushing of pressure will not be concentrated in the wound area as it normally is. Blood will quickly clot when the pressure is equalized.”*

Namely, it regulates blood pressure and thus supports blood clotting. You can apply it topically or you can take it orally. Yet, note that you should visit a professional in the case of serious cuts.

Dr. John Christopher in his book S*chool of Natural Healing* explains the way you can use cayenne pepper orally:

*“…take a teaspoonful of cayenne in a glass of extra-warm water, drink it down, and by the count of ten, the bleeding will stop. Instead of all the pressure being centralized, it is equalized, and the clotting becomes more rapid. Whether the bleeding is internal or external, a teaspoon of cayenne taken orally in a glass of hot water will stop the bleeding quickly.”*

It also alleviates infections which occur with minor cuts, as it has potent antibacterial properties which destroy bacteria that enter the body through the injury.

The following video gives additional information about cayenne pepper and its properties:

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