

Cayenne Tincture:

Suggested Use/ Dosing:

- Shake well before use.
- **Starting Dose:** Start by taking 5 drops once daily in any beverage or with food.
- **Therapeutic Dose:** Gradually build up to one dropper full in water or juice 3 times daily. Over time, your body will be able to handle higher and higher doses, but give it time and increase gradually. Take with food, otherwise, if you are on juice fast, take a very low dose.
- **How Much is a Dropper Full?** (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.
- **Be Patient with the Dose:** If you're too impatient and you took too much too soon or you took too much on an empty stomach, you can get stomach cramps or diarrhea, so go slowly! If you get stomach cramps or diarrhea, reduce your dose or reduce how many times a day you take it. Cayenne is a mild laxative and gastric stimulant, and most people are not going to feel anything negative from a few drops, (in fact, a lot of people will experience better digestion of their meal), but if you have severe gastritis or colitis, it can have more of a pronounced effect.



Cautions:

- **You Have Severe Colitis or Gastritis:** If you suffer from severe gastritis or colitis, avoid consuming cayenne or you may be able to handle taking only a few drops mixed in with several ounces of nondairy milk – especially thick coconut milk. See Spicy Vanilla Horchata Recipe below.
- **Sensitive Stomach:** If you have a sensitive stomach, you can also mix the drops into guacamole – the avocado helps soothe the stomach. If you have a stomach ulcer, cayenne can actually help heal it. Start with lowest dose.
- **Expiration Date/ Best By:** is listed at the bottom of the left side of the label. It's listed as "Best By" and a date, but you can use it past that date.

This is an alcohol tincture, so technically it is perfectly preserved and does not expire. It will not ever spoil. You can stock your emergency supplies with this tincture.

Helpful Tips and Tricks - How to Take It: see next page

Helpful Tips and Tricks - How to Take It:

- **In Foods:** A few drops of cayenne tincture can add a lovely spice to all of your cooked foods. Just add as the last step in your cooking or add to guacamole or hummus.
- **In Drinks:** A few drops in orange juice or other juice and you can hardly taste the cayenne. Put drops into any fruit or vegetable juice or any other beverage.
- **With Ginger:** Some people report it has less of a burning effect when combined with ginger.
- **To Reduce the “Heat”** - If cayenne bothers your stomach, use the recipe below). Diluting the formula and adding the nondairy milk (especially coconut milk) helps to reduce or even eliminate the burning.

Spicy Vanilla Horchata

This will make a creamy beverage that reduces the “heat” of the cayenne and makes it taste good!



- 5 to 35 drops **Cayenne Tincture**
- 2 ounces **Boiling Water**
- ½ tsp **Powdered Cinnamon**
- ¼ tsp **Powdered Ginger**
- 4 to 6 ounces **Unsweetened Almond Milk** (or other nondairy milk). Heat up the almond milk to make a hot beverage.
- 4 to 8 drops **Liquid Vanilla Stevia** (or Stevia Clear and a dash of pure vanilla extract) or other natural sweetener

Put cayenne drops in a coffee mug. Add boiling water, cinnamon & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

Other Recipe Ideas: Add to your favorite

- Veggie juice blend
- Celery juice
- Tomato juice
- Guacamole
- Cucumber salad
- Hummus
- Any Rice Dish
- Mashed potatoes
- Chili
- On top of an enchilada
- In a burrito
- In an omelet
- In Soups – vegetable soup, tomato soup, minestrone, corn chowder, etc.
The possibilities are endless...Add just before serving.

Benefits of This Formula:

- The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally. These nutrients are ALL important for building healthy arteries, heart muscle, and artery walls. The longer you take the formula, the more it works. The benefits accumulate over time. Don't give up after just one dose!
- Good remedy for poor circulation.
- Angina pains caused by lack of circulation to the heart
- Helps regulate heartbeat
- Mild digestive stimulant
- Acts as a mild non-addictive laxative
- Helps stop bleeding
- Helps strengthen artery walls and increases their elasticity
- Mild blood pressure-lowering ability
- Good remedy to warm up the body – especially if you tend to feel colder than other people.
- Increase body heat when out in cold weather
- Can help pass kidney stones in higher doses



Works especially well in combination with [Healthy Heart Formula](#)

Effects of Cayenne (Hot Chili Pepper/ Habanero Pepper) –

Circulatory stimulant, thermogenic – warms the body.

- Helps stimulate circulation around the entire body, particularly to the head and neck.
- Cayenne is a “facilitator” herb that increases the effectiveness of the other herbs in the formula by increasing the circulation and driving the herbs deep into the hidden recesses of the body where they’re needed the most. It is invaluable.
- Increases metabolism

How Will I Know the Formula is Working?

- Face turns red just after taking (means your circulation was stimulated and it went into your head and brain areas.
- You feel a rush of circulation or a little “heat” in your face and/or body
- Reduction of chest discomfort (the circulation went to your heart area)
- Irregular heartbeat goes into normal rhythm after you take it
- Reduction in cold hands and feet.
- Bleeding stops
- When you take it with a meal, your meal digests better

What Else Can I Do to Heal My Heart?

- **Exercise:** Get regular exercise. Some specifics are lifting light weights and working out in the weightroom, swimming, playing tennis, dancing, doing yoga, doing mini trampoline exercises, but even just taking a walk can help.
- **Cayenne (Hot Chili Pepper):** Taking additional [Cayenne Tincture](#) can help regulate heart rhythm, build healthier artery walls, increase blood circulation, help brain function (stimulates extra blood flow to the head and brain areas), increases blood circulation to the heart, help kidney function and increase circulation to the legs and feet as well. You can mix with any other herbal liquid formula or sprinkle drops on food. Start with a very small dose to start (such as 5 drops of the tincture).
- **Take Care of Your Colon:** Do a colon cleanse ([Intestinal Rejuvenation Program](#)). Toxins in the small intestine and from being constipated can aggravate heart problems of all kinds. I’ve seen people with heart problems feel that a burden was lifted off their heart after doing a colon cleanse.

Constipation reduces your body's ability to release metabolic waste and toxins from your body. The buildup of toxins can cause not just colon problems such as hemorrhoids and diverticulosis, but also problems anywhere else in the body.

- **Detox Your Liver:** A liver and/or gallbladder filled with bile sludge, heavy metals, pesticide residues, pharmaceutical medication residues and other toxins can also interfere with heart function. When the elimination organs are filled with toxins, cholesterol cannot be properly processed and can build up in side arteries. Do a [colon](#) or [liver cleanse](#) every 3 months to help thin the blood naturally, reduce the toxic burden in the body, which in turn, helps the heart heal. Add Blood Detox Formula to your liver cleanse for the maximum benefits to your heart. The [Blood Detox Formula](#) can also help lower blood pressure by cleaning out cholesterol and other toxins in the blood system.
- **Express Yourself:** Don't keep your painful emotions bottled up. Express your emotions to someone who is empathetic, a trusted friend or therapist. Grief over the loss of a loved one can cause heart problems. Releasing the trapped emotion can heal your heart.
- **Take Care of Your Diet:** Minimize or avoid trans-fats, fried foods, high fructose corn syrup, granulated sugar, iodized salt, enriched flour, white bread, white rice, pasteurized dairy products, canned foods and processed foods. Instead consume an organic whole foods diet with whole grains, salads, natural sweeteners, brown rice, quinoa, fresh juices, raw milk, raw butter, raw cream, raw cheese, free-range eggs. Some people will do really well on a vegan diet for around a year to help clear out excess cholesterol in the arteries. For more information and even more details on diet, please see [pH Balanced Diet](#).
- **Increase Your Intake of Greens** – it could be lettuce, parsley, zucchini, safford greens. Or start juicing some fresh vegetables. A [juice fast](#) can be very helpful for the heart and, generally speaking, can be done anywhere from 1 day to 1 month. The juice fast program I recommend is a [2-week long juice fast](#) to which you can add any cleanse (a colon cleanse, liver cleanse, kidney cleanse, parasite cleanse, stone cleanse, cholesterol buster's cleanse, etc.
- **Read Dr. Foster's Book Rescue Your Heart:** Make sure to read Dr. Foster's Book written for NaturalHealth365 called "**Rescue Your Heart**" with many more natural healing strategies for the heart, that includes herbal healing for the heart as well as emotional healing exercises for the heart. Make sure to also check out her book "**Heart Rescue Recipes**" which includes many heart-healing recipes that you can make at home to maximize your heart healing. If you haven't watched the Cardiovascular Docu-Class, I highly recommend it. I'm featured in Episodes 2 (Clearing Away Arterial

Plaque), 3 (Reducing Blood Pressure Naturally), and 4 (Fixing Heartbeat Irregularities). [CLICK HERE](#) to get access to those episodes. Or the link below: (<https://ku251.isrefer.com/go/cvdtrailer/DrFosterMD>) There's also a Rescue Your Heart Recipe Book as well.

