

Health Benefits of Cumin

Do not take Cumin if you are pregnant or plan to be due to potential miscarriage. This herb may slow blood clotting so it should be taken with caution if you are on an anti-coagulant medication. It is advisable to stop this herb 2 weeks prior to surgery. Cumin may lower testosterone levels and may cause males to be less fertile. Cumin is a significant source of Iron and is not advisable with a condition called Hemachromatosis. However, otherwise, it is generally safe in high doses.

Provides digestive support:

- May increase speed of digestion (transit time in the digestive tract)
- Research in animals shows that it may increase pancreatic enzymes that are important for proper digestion and the absorption of nutrients
- May reduce gas and bloating
- May help with diarrhea and reduces bowel spasms
- A 2013 study showed significant improvement with IBS symptoms, increasing bowel movements with constipation and decreasing bowel movements with diarrhea

Promotes weight loss:

- A 2017 study showed that Cumin seeds increased insulin levels, decreased insulin resistance, and decreased intestinal insulin absorption to lower blood sugar levels which helps to promote weight loss
- May help in burning calories faster and boosting metabolism
- Promotes the breakdown of fat especially belly fat; in one study of 88 overweight women for 3 months, those taking 3 grams of Cumin lost 3 more pounds than the control group and had triple the loss of body fat (14.64% compared to 4.91% for the control group).

Antioxidant: antioxidants quench free radicals caused by oxidation

- Cumin contains an ingredient called thymoquinone which is a strong antioxidant which targets free radicals and assists your body in cleansing itself of toxins; your body stores toxins primarily in fat cells when the liver has more toxins than it can handle.
- Reduces oxidation of cholesterol

Boosts immune function:

- According to one study Cumin is anti-viral against HSV-1, Hepatitis B, and Cox B4
- According to PubMed, Cumin is antifungal against Aspergillus, Penicillium, Saccharomyces, and Candida
- Antibacterial against gram positive and gram negative food borne bacteria to prevent food poisoning and E. Coli
- Improves immune function through promoting better digestion and absorption of nutrients

Promotes Heart health:

- May reduce inflammation of the arteries that can cause a heart attack
- May reduce cholesterol and triglyceride levels, and may reduce the oxidation of cholesterol

Cancer prevention and promotes healing of Cancer:

- May decrease Cancer cell replication
- Research shows effectiveness against various cancers including: colorectal cancers, breast adenocarcinoma, pancreatic cancer, osteosarcoma, and myeloblastic leukemia.