

The Secrets of the Mustard Seed

Mustard seeds for detoxification

(Translated from Hungarian)

A six week mustard seed treatment.

*On an empty stomach take a teaspoon of mustard seed
without chewing. Take it with a glass of water.*

3 times a day before eating.

This treatments should be repeated three times a year.

The mustard seeds will pass through the body, but valuable materials from the mustard seeds will be released in the intestines and bowel walls. This will stuck the digestive wall hard deposits and clear it and devolve it.

The intestinal detoxification and disinfection is an addition to the beneficial effects of the mustard seed.

More benefits are:

*blood purification, hair loss,
nail fragmentation and itching will be eliminated.*

*Reduce the frequency of asthma attacks,
constipation, hemorrhoids, bloating.*

*Liver and gastrointestinal diseases,
metabolic disorders, cold, relieve cough and catarrhal
problems, self-poisoning of the body as a result created
by blood and skin problems, acne, eczema.*

Atherosclerosis patients also have a beneficial effect.

The mustard seed, although very small, is full of useful nutrients. Very high in selenium. The amino acid content of tripofan, which is reduces your appetite.

Rich in omega-3 fatty acids, magnesium, iron, phosphorus and calcium. High in protein and rich in fibers, which not only helps to burn fat, but detoxifies.

The overall effect of the mustard seed, that the body's metabolism naturally will be regulated. The active ingredients of mustard seed is reducing the body fat and carbohydrate metabolism. The increased bile operation reducing the blood sugar levels in diabetic patients. The mustard seed treatment also healing the fragility of the nails.

*Throughout the years harmful deposits are forming in
the intestinal tract.*

These deposits are causing diseases.

*During the mustard seed treatment this deposits are
diminishing.*

The mustard seed sprouts is an antibiotic, purifies the blood, cleanses the mucous membranes and stimulates the body.

The mustard seed is good for digestion, stimulates gastric secretions, flatulence, and is also effective in case of a liver problem. It stimulates the circulation of the blood, regulate blood pressure, cleansing body rash.

Also effective against acne, cold, relieve cough and catarrhal problems. The skin, hair and nails becomes healthier, stronger. It is also good for the eyesight.

An Article from Natural News

http://www.naturalnews.com/030916_mustard_health_food.html#ixzz2LxxFA npL

http://www.naturalnews.com/033720_mustard_seeds_medicine.html

(Natural News) / by Mike Adams / Beginning around 5000 years ago people were passing the mustard by the way of seeds and discovering their vast health advantages and nutritional benefits.

Mustard seeds are high in antioxidants and are nutrient dense with selenium, which is known to have anti-inflammatory properties.

One teaspoon of white mustard seed, which is the kind used for the yellow condiment, is packed with 87.1mg of omega-3 fatty acids, 84.2mg of omega-6 fatty acids, 22.2mg of potassium, 27.3mg of phosphorous, 9.7mg of magnesium and 16.9 mg of calcium.

These high amounts of body beneficial substances in the seeds when consumed encourage the body to speed up metabolism, lower blood pressure and prevent atherosclerosis.

Mustard seeds have antiseptic as well as anti-fungal properties. This makes them very useful for purging the digestive system and increasing the body's natural defense system. Mustard seeds consumed on a regular basis have been found to be beneficial for reducing the frequency of migraines.

Mustard pastes and seeds can be found in grocery stores, health food shops and farmer's markets. Products with the least amount of fillers and preservatives are likely to have more health benefits. Mustard can also be prepared from scratch by blending mustard seeds and vinegar, macerating them into a paste and then adding spices.

Mustard seeds and powders should be stored in a cool dry dark place within a sealed container. Mustard oil and prepared pastes should be kept refrigerated.

Mustard can be used in preparations of hot compresses to help reduce the impact of strains and sprains in the body, or they can be used in poultices and plasters which can be massaged onto the chest to encourage the decongesting of blocked sinuses and lungs.

Throughout history mustard seeds have been used around the home to ward off evil spirits, in hair tonics to reduce hair loss and sewn into garments to encourage feelings of security; they have also been consumed as an aphrodisiac.

Use more mustard daily by consuming sauces and dips with mustard as the main ingredient. Use mustard oil as part of a daily scalp conditioning practice or try simmering mustard oil in a burner for some spicy aromatherapy. Adding more mustard into daily life should at the very least tantalize the taste buds and warm the body aches.