

# *Trees of Olive*

## *Hay-Fever? Sneezing? and Pollen in the Spring? Could A Little Cayenne Pepper Help You?*

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A few years ago, early in the morning, I was preparing to go to work, and it was in the spring of the year. I had constant sneezing, and I knew it was because of the change of the season. I had to go to work this day, yet the sneezing seems to not stop. I went into the kitchen, and I got some red, cayenne pepper (powdered form) and mixed it with little water, and drunk this formula. **Immediately, the sneezing stopped!**

Could a “**little**” cayenne pepper, mixed with a little water be of help to those who suffer in the spring of the year from hay-fever, constant sneezing, and pollen?

Since then I have done research on the great and many health benefits of having a little cayenne pepper. I fully encourage everyone to also do research on the great and many health benefits of cayenne pepper, as well as on garlic and pineapple.

I have, and I do use a little cayenne pepper (powdered form) and garlic powder, mixed with water, and even with a little pineapple juice at different times. Secondly, having a “**little cayenne pepper**” on different types of foods, meats, and dishes, and even on salads can have great health benefits. One of the great benefits of cayenne pepper is that it can help give “**strength**” to the physical body, especially because it helps the blood, and the circulation of the blood, and the metabolism of foods.

I hope that you do indeed do research on the great and many health benefits of cayenne pepper, garlic powder, and pineapple, and of their various health benefits. Hopefully you will try using a “**little**” cayenne pepper, and have excellent, health benefits by doing so, including on your various food dishes.

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**Medical Disclaimer:** This article is not written to be of any medical guideline to anyone.