

Islamic Golden Age - Honey & Black Seed Paste

Why it's medicinal:

Black seed (**Nigella sativa**) is called “the cure for everything but death” in Islamic medicine. Combined with **honey**, it boosts immunity, supports digestion, and has antimicrobial properties.

Ingredients:

- 1 tbsp black seed powder
- 2 tbsp raw honey

Instructions:

1. Mix black seed powder with honey to form a paste.
2. Take 1 tsp daily on an empty stomach.