

Black Seed Oil isn't just an anti-inflammatory. It's an immune system booster that makes your body more capable of fighting off infectious diseases.

To put it simply, Black Seed Oil boosts the number of white blood cells in your body. These are the little soldiers that are going to seek out and destroy bacteria, viruses, or other foreign substances that make you feel ill.

More white blood cells in your body mean a stronger immune reaction to the virus that causes flu. Depending on the strength of your immune response, you may even be able to get rid of the flu before it manages to manifest.

But even if you're in the grips of a winter flu right now, Black Seed Oil can still help. Taking it regularly gives your immune system a boost at a time when it really needs all of the help that it can get. You're basically sending in reinforcements every time you take Black Seed Oil when you have the flu.

That's going to help you to overcome the condition even quicker.

It's the antioxidants that the oil contains that give it the immune system boosting properties that make it so effective against winter colds and flu.

But there's another trick up its sleeve that you'll want to find out about.

Keeping Your Sinuses Healthy

We all know that colds and flus lead to sinus problems. You get that nasty inflammation that makes it genuinely challenging to breathe at times. And that's not talking about the congestion or runny nose that can come with a sinus issue.

Black Seed Oil can help again here.

This time, it's all about the oil's ability to combat inflammation.

By taking Black Seed Oil for a winter flu or cold, you're doing two things:

- You give your immune system the boost it needs to fight the virus.
- You're tackling the symptoms that make you feel so awful.

