**HARD TO FIND, ORIGINAL** *"Sweet Aji Dulce" Puerto Rican Heirloom Pepper is delivered to you directly from our farm, without the freezer burns, straight from Puerto Rico.*

*Puerto Rico is home of Aji Dulce (chato), the flavor in several Holiday Dishes. The herb is also used for medicinal uses, see WebMed.com, August 14, 2011, below. There are claims that the herb, aji dulce, are picked as required and used raw, pickled, or cooked. Aji Dulce are picked and used fresh, pickled, or dried for later use.*

*The internet is full of information about this wonderful herb, aji dulce. You will find under Capsicum chinense. Grown in Puerto Rico where it grows under the right climate we can provide this hard to find herb used to season food and improve your well being. Aji Dulce (chato) is well known around the world as an all around food supplement, and for medicinal purposes.*

*According to information, aji dulce have very high levels of vitamin C. Beta carotene found in red or ripe aji dulce is used to convert to vitamin A.  Healthy skin, boosts the immune system, and aids in night blindness are just of the benefits.  “The history of this pepper is obscure” Wikipedia, The Free Encyclopedia. WebMed.com……. is a great source of information about aji dulce, CAPSICUM. See Vitamins or Supplement.*

*Aji Dulce is can be used to make you healthy*

1. *upset* [*stomach*](http://www.webmd.com/digestive-disorders/picture-of-the-stomach)
2. [*stomach pain*](http://www.webmd.com/digestive-disorders/abdominal-pain)
3. [*diarrhea*](http://www.webmd.com/digestive-disorders/digestive-diseases-diarrhea)
4. *conditions of the* [*heart*](http://www.webmd.com/heart/picture-of-the-heart)
5. [*blood*](http://www.webmd.com/heart/anatomy-picture-of-blood) *vessels including poor circulation*
6. *excessive blood clotting*
7. [*high cholesterol*](http://www.webmd.com/cholesterol-management/default.htm)
8. [*preventing heart disease*](http://www.webmd.com/heart-disease/guide/heart-disease-overview-facts)
9. *relief of toothache*
10. *seasickness*
11. [*alcoholism*](http://www.webmd.com/mental-health/tc/Alcohol-Abuse-and-Dependence-Topic-Overview)
12. *malaria*
* *Pain from rheumatoid arthritis (RA), osteoarthritis,* [*psoriasis*](http://www.webmd.com/skin-problems-and-treatments/tc/Psoriasis-Topic-Overview)*, shingles and nerve pain due to diabetes (*[*diabetic neuropathy*](http://diabetes.webmd.com/diabetes-neuropathy)*), when applied to the skin in the affected area. The active ingredient in topical preparations of capsicum,* [*capsaicin*](http://www.webmd.com/drugs/drug-4181-capsaicin%2Btop.aspx)*, is approved by the Food and Drug Administration (FDA) for these uses.*
* *Back pain, when applied to the skin.*
* *Reducing painful tender points in people with fibromyalgia, when applied to the skin.*
* *Relieving symptoms of prurigo nodularis, a skin disease, when applied to the skin. It may take 22 weeks to 33 months of treatment to see a benefit. Symptoms may return after stopping use of capsicum.*
* *Cluster headache, when used in the nose. Capsicum seems to reduce the number and severity of cluster headaches. It’s best to apply capsicum to the nostril that is on the same side of the head as the headache.*
* *Relieving symptoms of perennial rhinitis, a runny nose not associated with* [*allergies*](http://www.webmd.com/allergies/default.htm) *or infection, when used in the nose. Sometimes the benefit can last for 6-9 months.*
* *Nerve pain related to HIV or AIDS, when applied to the skin.*
* *Stomach ulcers. There is evidence that suggests people who eat capsicum fruit (chili) an average of 24 times per month appear to be less likely to have an ulcer than people who eat chili an average of 8 times per month. This applies to chili in the form of chili powder, chili sauce, curry powder, and other chili-containing foods.*
* *Heartburn. Beginning research suggests that red pepper powder (containing capsicum) in capsules taken 3 times daily before meals reduces symptoms of heartburn. But in some people, symptoms get worse before they get better.*
* *Irritable bowel syndrome (IBS). Early evidence suggests that capsicum fruit taken by mouth doesn’t help symptoms of IBS.*
* *Hay fever. There is conflicting evidence so far about the effectiveness of capsicum for reducing hay fever symptoms.*
* *Polyps in the nose. Putting capsicum in the nose seems to improve symptoms and airflow.*
* *Swallowing difficulties. Some people, especially elderly people or those who have suffered a stroke, are more likely than other people to develop “aspiration pneumonia.” This is a kind of pneumonia that develops after food or saliva is sucked into the airways because the person couldn’t swallow properly. There is some evidence that dissolving a capsaicin-containing lozenge in the mouth of elderly people with swallowing problems before each meal can improve their ability to swallow.*
* *Colic.*
* *Cramps.*
* *Toothache.*
* *Blood clots.*
* *Fever.*
* *Nausea.*
* *High cholesterol.*
* *Heart disease.*
* *Migraine headache.*
* *Muscle spasms.*
* *Laryngitis.*
* *Other conditions.*

*More evidence is needed to rate the effectiveness of capsicum for these uses.*

*Medicinal lotions and creams that contain capsicum extract are LIKELY SAFE for most adults when applied to the skin. The active chemical in capsicum, capsaicin, is approved by the FDA as an over-the-counter product. That is, it can be sold without a prescription. Side effects can include skin irritation, burning, and itching. Capsicum can also be extremely irritating to the eyes, nose, and throat. Don't use capsicum on sensitive skin or around the eyes. Capsicum extract is LIKELY SAFE for most adults when taken by mouth, short-term and in amounts typically found in food. Side effects can include stomach irritation and upset, sweating, flushing, and runny nose. It is POSSIBLY UNSAFE to take capsicum by mouth in large doses or for long periods of time. In rare cases, this can lead to more serious side effects like liver or kidney damage. Capsicum extract is POSSIBLY SAFE when used in the nose. No serious side effects have been reported, but application in the nose can be very painful. Nasal application can cause burning pain, sneezing, watery eyes, and runny nose. These side effects tend to decrease and go away after 5 or more days of repeated use.*

*Special Precautions & Warnings:*

*Pregnancy and breast-feeding: Capsicum is LIKELY SAFE when applied to the skin during pregnancy. But not enough is known about its safety when taken by mouth. Stay on the safe side and don’t use capsicum if you are pregnant. If you are breast-feeding, using capsicum on your skin is LIKELY SAFE. But it is POSSIBLY UNSAFE for your baby if you take capsicum by mouth. Skin problems (dermatitis) have been reported in breast-fed infants when mothers eat foods heavily spiced with capsicum peppers. Children: Applying capsicum to the skin of children under two years of age is POSSIBLY UNSAFE. Not enough is known about the safety of giving capsicum to children by mouth. Don’t do it. Damaged or broken skin: Don’t use capsicum on damaged or broken skin. Surgery: Capsicum might increase bleeding during and after surgery. Stop using capsicum at least 2 weeks before a scheduled surgery.*

* *Cocaine interacts with CAPSICUM*

*Cocaine has many dangerous side effects. Using capsicum along with cocaine might increase the side effects of cocaine including heart attack and death.*

* *Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with CAPSICUM*

*Capsicum might slow blood clotting. Taking capsicum along with medications that also slow clotting might increase the chances of bruising and bleeding. Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.*

* *Theophylline interacts with CAPSICUM*

*Capsicum can increase how much theophylline the body can absorb. Taking capsicum along with theophylline might increase the effects and side effects of theophylline.*

* *Medications for high blood pressure (ACE inhibitors) interacts with CAPSICUM*

*Some medications for high blood pressure might cause a cough. There is one report of someone whose cough worsened when using a cream with capsicum along with these medications for high blood pressure. But is it not clear if this interaction is a big concern. Some medications for high blood pressure include captopril (Capoten), enalapril (Vasotec), lisinopril (Prinivil, Zestril), ramipril (Altace), and others.*

*The following doses have been studied in scientific research: APPLIED TO THE SKIN:*

* *For pain, including arthritis, neuropathy, and fibromyalgia: Creams contain the active capsicum constituent capsaicin and are typically applied 3-4 times daily. It can take up to 14 days for maximum pain relief. Most creams contain 0.025% to 0.075% capsaicin concentrations. Higher power preparations may be used for diabetic neuropathy.*
* *For back pain: Capsicum-containing plasters providing 11 mg capsaicin/plaster or 22 mcg/cm2 of plaster applied have been used. The plaster is applied once daily in the morning and left in place for 4-8 hours.*
* *For prurigo nodularis: 0.025% to 0.3% of the active capsicum constituent capsaicin 4-6 times daily has been used.*

*Be sure to wash your hands after applying capsaicin cream. A diluted vinegar solution works well. You won’t be able to get the capsaicin off with just water. Don’t use capsicum preparations near the eyes or on sensitive skin. It could cause burning INSIDE THE NOSE:*

* *For cluster headache, 0.1 mL of a 10 mM capsaicin suspension, providing 300 mcg/day of capsaicin, applied to the nostril on the painful side of the head. Apply the suspension once daily until the burning sensation disappears. A capsaicin 0.025% cream (Zostrix, Rodlen Laboratories) applied daily for 7 days has been used to treat acute cluster headache attacks.*

*Putting capsaicin in the nose can be very painful, so a local painkilling medicine such as lidocaine is often put into the nose first.*

*Aji dulce is primarily used as a food supplement and a spice in Spanish countries. You should try to use your own diet plan. Jenny Craig, Weight Watchers, and Nutri-System advertise phenomenal successes with their diet plans. Their advertising shows both ordinary people and big-name celebrities losing between fifty and one hundred pounds while enjoying great meals and discovering super-human fitness and energy. Some of the systems even venture to boast that you spend less when you buy their food than when you do grocery shopping for your own family. Meanwhile, in the real world, ordinary people eager to lose weight without refinancing all their real properties want to figure out how they can prepare their own diet meals instead of getting food by mail.*

*To prepare your own healthy diet meals, follow three simple rules: First, cut sugars, salts, and processed foods. Second, substantially increase fruits and vegetables; and, third, try to replace fats with proteins. As you follow these rules, also keep a sharp look-out for hidden calories. Salad dressings stand out as the most famous example of stealth calories, and nutritionists frequently point out that, if you drench your green salad in ranch dressing, you end up ingesting more calories than if you had eaten a big mac. Processed dairy foods seriously threaten a healthy diet.*

*Although “organic” and “diet” are not exactly grocery store synonyms, you should look for pure and organic foods with which to prepare your diet meals, because food additives can add a lot of calories to your meals without adding any nutrition. You may have heard the controversy over high fructose corn syrup, as pseudo-scientists have alleged that the sweet syrup causes cancers and threatens the peace and security of the free world. If you want to cut calories and lose weight, you should avoid high fructose corn syrup because you body metabolizes it as a sugar and stores any excess as fat. You similarly should reduce your consumption of fatty red meats, and remember that pork is a red meat, not “the other white meat.” Try to have at least one meatless supper every week, and try to add fish to the menu as often as you can.*

*Finally, preparing your own healthy diet meals, steal a critical element from the packaged-diet folks: Add lots of whole grain and dietary fiber to your foods. Choose nothing but whole-grain breads and rolls, and substitute cereal or whole-grain muffins for almost all of your sweet snacks. Add a fiber supplement to your diet, too. Common sense dictates the value of adding fiber: it regulates your digestion as it satisfies your hunger.*

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*Learn the history about this herb, please go to:*

*http://www.hort.purdue.edu/newcrop/proceedings1993/V2-132.html#CAPSICUM ANNUUM VAR. ANNUUM--CAPSICUM CHINENSE*

*We like to take a moment to thank* [*www.prcupcc.org*](http://www.prcupcc.org)*, organicfood.co.au, Wikipedia, The Free Encyclopedia, DavesGarden.com, and WebMed.com for their honorable contribution of knowledge in their websites to the general public. They are the reason why people take the time to learn in the internet about aji dulce and a host of other details. Contributions of this kind are greatly appreciated. In our website we simply quote their findings.*

*THANK YOU.*