

Sesame Seed Oil has been used as a healing oil for thousands of years. Sesame oil is excellent for humans as there are many **sesame oil benefits**. It is naturally Antibacterial for common skin pathogens, such as staphylococcus and streptococcus as well as common skin fungi, such as athlete's feet (foot fungus). It is naturally antiviral. It is a natural anti inflammatory agent. The **benefits of sesame seed oil** seem to go on and on.



Sesame seed oil has been used extensively in India due to the many **sesame seed oil benefits** as a healing oil, including in experiments which showed it was useful in unblocking arteries. In recent experiments in Holland by Ayurvedic physicians, the oil has been used in the treatment of several chronic disease processes, including [Hepatitis](#), [Diabetes](#) and [Migraines](#).

In vitro, **sesame seed oil** has inhibited the growth of malignant melanoma (a skin Cancer): PROSTAGLANDIN LEUKATRINES and ESSENTIAL Fatty Acids 46: 145-150, 1992.

Also in vitro, **sesame seed oil** has inhibited replication of human colon Cancer cells: ANTI Cancer RESEARCH 11: 209-216, 1992.

Research shows that another one of the **benefits of Sesame seed oil** is as a potent Antioxidant. In the tissues beneath the skin, this oil will neutralize oxygen radicals. It penetrates into the skin quickly and enters the blood stream through the [capillaries](#). Molecules of Sesame seed oil maintain [good Cholesterol \(HDL\)](#) and lower [bad Cholesterol \(LDL\)](#).

Sesame seed oil benefits include its action as a cell growth regulator and slows down cell growth and replication.

In both the small intestine and the colon, some cells are nourished by fat instead of sugar. The presence of Sesame seed oil can provide those cells with essential nourishment.

One of the more surprising **benefits of [sesame oil](#)**: In an experiment at the Maharishi International College in Fairfield, Iowa, students rinsed their mouths with [Sesame oil](#), resulting in an 85% reduction in the bacteria which causes [gingivitis](#).

As nose drops, sniffed back into the sinuses, [Sesame seed oil](#) has cured chronic [sinusitis](#). As a throat gargle, it kills strep and other [common cold](#) bacteria. It helps sufferers of [Psoriasis](#) and dry [skin ailments](#). It has been successfully used in the hair of children to kill [lice](#) infestations. It is a useful natural UV protector.

And there are more benefits of sesame oil: Used after exposure to wind or sun it will calm the [burns](#). It nourishes and feeds the scalp to control [dry scalp](#) [Dandruff](#) and to kill [Dandruff](#) causing bacteria. It protects the skin from the effects of chlorine in swimming pool water. Used before and after radiation treatments, Sesame seed oil helps neutralize the flood of oxygen radicals which such treatment inevitably causes.

On the skin, oil soluble Toxins are attracted to [Sesame seed oil](#) molecules which can then be washed away with hot water and a mild Soap. Internally, the oil molecules attract oil soluble Toxins and carry them into the blood stream and then out of the body as waste.

Used as a douche mixed with warm water, the oil controls vaginal Yeast [Infections](#).

Sesame seed oil absorbs quickly and penetrates through the tissues to the very marrow of the bone. It enters into the blood stream through the [capillaries](#) and circulates. The liver does not sweep Sesame seed oil molecules from the blood, accepting those molecules as friendly.

Sesame oil benefits include helping joints keep their flexibility. It keeps the skin supple and soft. It heals and protects areas of mild scrapes, cuts and [abrasions](#). It helps tighten facial skin, particularly around the nose, controlling the usual enlargement of pores as skin ages chronologically.

Teen boys and girls have learned, wrongly, that all oil is bad for their facial skin. Heavy oils and toxic oils and creams are bad for all facial skin. But Sesame seed oil is the one oil which is actually good for young skin. It helps control eruptions and neutralizes the poisons which develop both on the surface and in the pores. With [Sesame oil](#), no cosmetics are needed. The oil will cause young facial skin to have and display natural good health.

Used on baby skin, particularly in the area covered by a diaper, Sesame seed oil will protect the tender skin against rash caused by the acidity of body wastes. In the nose and ears, it will protect against common skin pathogens.

For children going to school, who will be in the presence of other children with [Colds](#) and sniffles, the **benefits of [Sesame seed oil](#)** swabbed in the nose can protect against air borne [viruses](#) and bacteria.