

# Black Pepper

PIPER NIGRUM

Black Pepper is a hot oil and is very stimulating due to its high caryophyllene content, which gives the oil its anti-inflammatory action.

## COUNTRY OF ORIGIN

Native to the Far East, countries such as India, Sri Lanka, and Madagascar.

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Fruit, dried

## BOTANICAL FAMILY

Piperaceae

## CHEMICAL FAMILY

Monoterpenes and Sesquiterpenes

## AROMA

Spicy, Warm, Vibrant

## NOTE

Middle

## SAFETY

- May cause burning due to its hot nature.
- Not recommended for use in baths.
- Store well, as it may oxidize due to its limonene, alpha-pinene, and delta 2-carene content.

Use in low dilution for therapeutic blends. Do not use in baths or massage oils.

## THERAPEUTIC PROPERTIES

Black Pepper is well-loved for its ability to provide pain relief and alleviate inflammation. It also destroys bacteria, reduces the severity of nausea and vomiting, reduces fever, helps dilate blood vessels, helps remove mucus from the respiratory system, and warms the area by increasing blood flow and circulation.

ANALGESIC	DIAPHORETIC	ANTIOXIDANT
ANTICATARRHAL	EXPECTORANT	DIGESTIVE
ANTI-INFLAMMATORY	FEBRIFUGE	NEUOROTONIC
ANTIBACTERIAL	LAXATIVE	STIMULANT
ANTISEPTIC	RUBEFACIENT	RUBEFACIENT
ANTISPASMODIC	CIRCULATORY STIMULANT	WARMING
ANTIEMETIC		

## BODY SYSTEMS

CIRCULATORY

POOR CIRCULATORY ISSUES

DIGESTIVE

CONSTIPATION, DIARRHEA, AND GAS

ENDOCRINE

TOBACCO ADDICTION

IMMUNE

IMMUNE BOOST

LIMBIC

EMOTIONAL BALANCE



## BODY SYSTEMS (CONT.)

LYMPHATIC

LYMPHATIC BOOST

MUSCULAR

CRAMPS, SPRAINS, AND MUSCLE SPASMS

REPRODUCTIVE

APHRODISIAC

RESPIRATORY

COLDS AND FLU

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