

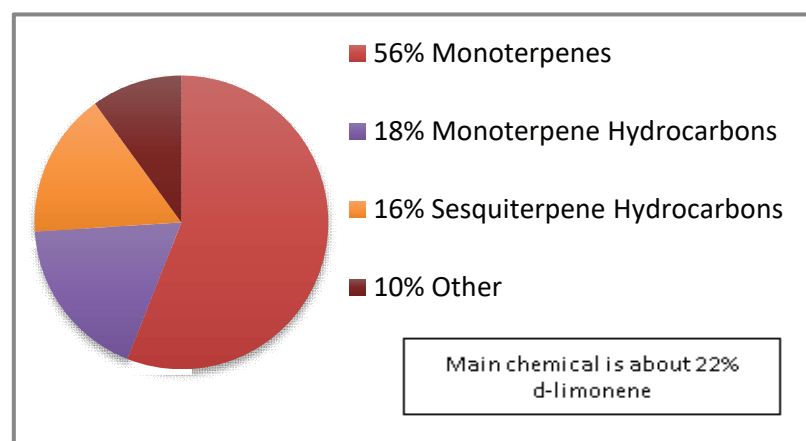
Black Pepper, Organic: Madagascar (*Piper nigrum*)

This is a flowering vine that produces fruit that are dried into the world's most widely traded spice. Black pepper is one of the oldest known spices and has historical use as a medicine. It was one of the few medicines that the Buddhist Monks are allowed to carry. The essential oil is extracted from the fully grown but not quite ripe fruit.

Primary Usages: Improves digestive conditions (general digestive tonic, increases the flow of saliva, stimulates appetite, encourages peristalsis, heartburn, food poisoning, diarrhea, flatulence, tones the colon muscles, relieves constipation, nausea), assists in stimulating the endocrine system, stimulates the kidneys and assists urination, Used for pain relief, increase circulation, muscle spasms, rheumatoid arthritis, bruising, rheumatism, inflammation, sprains, and as an infection fighter.

Secondary Usages: Use for chills, flu, colds, sore throat, congestion, fevers, and coughs. Black pepper is good nerve tonic for those who worry constantly and have great anxiety. Also assists with insects and animal bites.

Has Been Reported: To assist fungal infections, boost metabolism, viruses, insomnia, earaches, hernia, catarrhal, vitiligo, toothaches, and as a tonic for the spleen. Assists in increasing the endorphin and serotonin production.



Descriptor: Aids Digestion, Analgesic, Expectorant, Antiseptic, Anti-Spasmodic, Anti-inflammatory, Diuretic, Stimulating

Application: Take 2 to 4 drops internally a day as a general health tonic. Apply on location, on the bottom of the feet, and on the Chakra and Vitaflex Points. Diffuse.

Caution: Extreme use can over-stimulate the kidneys. Irritating to sensitive skin.

Found In: Alignment, Joint Support

Influences: This oil is stimulating and can assist motivating one into action. Promotes feelings of courage and empowers one to embrace one's own power particularly with public speaking. Will assist in overcoming physical and emotional coldness and create joy and happiness in one's life.

Blends well with: Basil, Cardamom, Clary Sage, Clove, Coriander, Fennel, Frankincense, Geranium, Ginger, Lavender, Juniper Berry, Marjoram, Nutmeg, Rosemary, Sage, Sandalwood, Tea Tree, Vetiver, Ylang Ylang

Medicine Wheel: Primary East and Secondary Water and North. Increases the Guardian Qi and Tonifies Reproductive Qi.

Testimonials: A friend was about to speak to a group of 100 people so I had him feel and choose an essential oil from my case. He chose Black Pepper, applied it to his body, and then went and did the class. It was wonderful and a lot more fun and enjoyable than what he normally did. After the class we read the properties of Black Pepper and he was convinced on the power of the oils. - *Man Found Standing*