Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin

Black Pepper *(Piper nigrum)*

Has been used traditionally to maintain stamina and energy - probably because it increases cellular oxygen levels. Black Pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative, and can be used as an expectorant and as a stimulant to the nervous, circulatory and digestive systems. It is used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves. Use to support the digestive glands, stimulate the endocrine system and aid in the treatment of rheumatoid arthritis. Has been used to improve muscle tone and for sprains. This oil needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy
Therapeutic Properties: Analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic
Application: Appropriate areas on feet, directly on areas of concern, diffused
Aromatic: Diffuse carefully-quite pungent; said to benefit the 1st Chakra
Contra-indications: Must be well-diluted for applications on the skin, can cause redness and irritation on sensitive skin