QUICK REFERENCE SHEET

BLACK PEPPER

Piper nigrum

Plant Family: Piperaceae

Extraction Method: Steam Distilled

Part Utilized: Fruit

Region of Origin:

India

INGREDIENT IN:

LeEnergy

AFFINITY FOR:

nerves, circulation, digestion, endocrine system, pericardium meridian, root and solar plexus chakras, yang energy

THERAPEUTIC PROPERTIES:

analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic, laxative

AROMATIC CONSIDERATIONS:

Black Pepper essential oil should be diffused carefully because it is quite pungent. Black Pepper contains a significant amount of sesquiterpenes. There are more sesquiterpenes in Black Pepper than there are in Frankincense.

APPLICATION:

Black Pepper should always be carefully diluted. It is beneficial when applied to the feet and to areas of pain or poor circulation.

CAUTIONS:

Black Pepper can cause mild irritation to sensitive skin. This is definitely a "warming" oil.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The responsibility of the pericardium meridian is to protect the heart and emotions. Black Pepper has an energizing effect on this meridian, stimulating our inner defenses. This inner strength gives us protection from negative energy, and keeps our energy intact and strong. Black Pepper helps us keep our perspective clear, even when those around us are mired in negativity and predicting "the worst" possible scenarios. Black Pepper can help us be more realistic in our expectations of others, and more empathetic to their struggles and pain.

PHYSICAL ASPECTS:

Black Pepper gives a boost to the immune system. It helps maintain stamina and energy because it increases cellular oxygen levels. Black Pepper is analgesic, anti-inflammatory, and antispasmodic. It is a good oil to use for improving muscle tone and recovering from sprains or sports injuries. Black Pepper strengthens the nervous system and stimulates the endocrine glands.

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