Black Pepper

Black pepper contains a significant amount of sesquiterpenes. There are more sesquiterpenes in black pepper than there are in frankincense. 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. Helps us keep our perspective when surrounded by negativity.

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