

BLACK PEPPER

Piper nigrum

A wonderful energizing and emotional supportive oil, Black Pepper is often used to enhance memory and concentration.

Black Pepper sourced from India is considered superior because it's particularly rich in piperine. Piperine stimulates the taste buds, triggering the pancreas to begin producing digestive enzymes. It is reported to tone the lining of the intestines. It is strengthening to the mind. May aid with studying, confusion, and memory.

**MEMORY ENHANCER,
ANTI-DEPRESSANT
SMOKING CESSATION**

According to scientists at the Nicotine Research Laboratory in Durham, North Carolina, the craving for cigarettes may decrease with the inhalation of Black Pepper essential oil.

A team of Japanese researchers reported that sniffing Black Pepper oil for one minute helped improve the ability to swallow in more than 100 people who had suffered a stroke. "Inhalation of Black Pepper oil might benefit older post-stroke patients with dysphagia, regardless of their level of consciousness or physical or mental status," the researchers stated in the journal of the American Geriatric Society

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to bath. Add 4-5 drops of Geranium, Lavender, Rose, or Palmarosa for added benefits.

DIFFUSION

- Diffuse 10 to 20 drops for up to 10 minutes per hour. Effect is stimulating; do not use at bedtime.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed to balance excessive fatigue or for emotional support.

INTERNAL

- Black Pepper is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration, Widely used in food industry.

1 or 2 drops **create a zing** to recipes for pesto, hummus, salsa, and salad dressing.

MASSAGE

- Dilute 10 drops into 1 ounce massage oil for a warming, relaxing massage.

MISTING SPRAY

- Mix 10 drops into 4 ounces of pure water. Shake well for a stimulating aromatic spray.

TOPICAL

- May be used neat on the soles of the feet.
- Dilute 50/50 with Carrier Oil for application elsewhere on the body; add Helichrysum or Sensory if nerve discomfort is involved.

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, irritant in high concentration due to rubefacient properties. Use in moderation. Black Pepper is a kidney stimulant and diuretic. Avoid in cases of kidney disease. Do not use within 2 hours of taking homeopathic remedies as it may neutralize their effects.



Essential Singles

attributes

PRODUCING ORGAN

Black peppercorns, dried and crushed

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

India

PROPERTIES

Analgesic, anti-inflammatory, antipyretic, antirheumatic, antiseptic, astringent, depurative, diuretic, rubefacient, tonic.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

