

Black Pepper

piper nigrum 10ml

Black Pepper contains phenols - carvacrol, eugenol, safrole, and myristicin - that affect the digestive system. It has laxative properties making it a useful aid to increasing peristalsis and reducing flatulence. It is thought to help digest proteins and the excretion of toxins, leading to weight loss, so it may appeal to women towards the end of the puerperium.*

The high concentration of monoterpenes (camphene, farnesene, limonene, myrcene, pinene, sabinene and thujone) and sesquiterpenes (caryophyllene) makes Black Pepper an excellent analgesic, and its vasodilatory effects make it valuable in cases of muscular aches, pains, and stiffness. It is beneficial both before and after strenuous physical activity, and lends itself to pain relief in labor; it is also stimulating and seems to give mental stamina which could help a woman having a long, slow first stage.*

Alcohols in the form of linalool and pinocarvol give Black Pepper a warming action which improves the circulation, making it beneficial for bruising. The oil could be applied postnatally as a massage to the buttocks where a forceps delivery has resulted in excessive trauma. Black Pepper may increase the production of red blood cells, which could be valuable in cases of anemia.*

Black Pepper has strong diuretic properties but should not be used directly for this purpose as overdosing could precipitate excessive renal stimulation; low doses are advised during pregnancy to avoid potential damage to kidney function. Follow recommended dilutions and doses, and always blend with other oils.*

It has also been known to help in reducing smoking withdrawal symptoms.*

uses

aromatic

- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to assist with cigarette cravings.*

bath

- **Bath:** Add 5 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*

topical

- **Massage/Lotion:** Add to carrier or massage oil to relieve symptoms related to muscle aches or tendonitis.*
- **Massage:** Apply 1 to 2 drops neat (undiluted) on areas of concern to assist with symptoms of arthritis or rheumatism.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Black Peppercorns, dried and crushed

Extraction: Steam Distillation

Country of Origin: India

Main Chemical Constituents: Thujene, pinene, camphene, sabinene

Therapeutic Properties: Analgesic, antimicrobial, antiseptic, antispasmodic, antitoxic, aperitif, aphrodisiac, bactericidal, carminative, diaphoretic, digestive, diuretic, febrifuge, laxative, rebecciant, stimulant (nervous, circulatory, digestive), stomachic, tonic

responsible cautions

- Non-toxic, non-sensitizing, may be irritant in high concentration due to rubefacient properties.
- 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.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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