

Black Pepper:

Emotions	thaws emotional coldness, helps concentration, stimulating
Uses	anemia, anorgasmia, aphrodisiac, appetite-to increase, arteriosclerosis, arthritis, arthritis-osteoarthritis, arthritis-rheumatoid, arthritis-pain, back pain, bronchitis, bruises, catarrh, chilblains-circulation, chilblains-itching/burning, chills, chilliness, circulation problems, cold/flu, concentration, congestion, constipation, coughs, diarrhea, digestive problems, exhaustion, fallen arch, fever, fibrositis, flatulence, flu, fluid retention, food poisoning, frigidity, heartburn, impotence-male, indigestion/dyspepsia, intestinal infection, joints-painful, joints-strained, ligaments, lumbago/lower back pain, muscle-ache, muscle-athletic competition pre/post, muscle-cramp, muscle-fatigue, muscle-increased performance, muscle-numbness, muscle-pain, muscle-relaxant, muscle-spasm, muscle-sprains, muscle-toning, muscles-arm strain, muscles-finger sprain, muscles-frozen shoulder, muscles-neck sprain, nausea, nervous exhaustion/fatigue, neuralgia, pain relief, pelvic pain syndrome, Raynaud's disease, sciatica, skin-neck, stimulating, stomachache, stomach cramps, tonic, tonic-spleen, tonic-stomach
Properties	analgesic, antibacterial, anticatarrhal, antimicrobial, antiseptic, antispasmodic, antitoxic, aperitif, aphrodisiac, carminative, diaphoretic, digestive, diuretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic, tonic-respiratory, tonic-urinary system
Constituents	alpha-Phellandrene, beta-Caryophyllene, Pinene, myrcene, limonene, elemol, cuberbene, bisabolene, others
Scent/Note/Viscosity	strong, fresh, dry-woody, warm, peppery; middle note; it can range in color from light amber to yellow-green; watery viscosity.
Best Mixed With	Bergamot, Clary Sage, Clove, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Juniper, Lavender, Lemon, Lemongrass, Mandarin, Orange, Nutmeg, Patchouli, Palmarosa, Rosemary, Sandalwood, Tea Tree, Ylang Ylang (Coriander, Lime, Marjoram, Myrrh, Spikenard, Sage, Valerian, Vetiver)
Warning	Do not use if you have sensitive skin. May cause skin irritation; dilute well

DISCLAIMER

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It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.