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(Definition of mobile phone from the Cambridge Advanced Learner's Dictionary & Thesaurus© Cambridge University Press) Black pepper is one of the most widely used spices on the planet. It is appreciated not only as a flavouring in our meals, but also for a number of other purposes, such as medicinal uses, preservatives and perfumery. Over the past few decades, scientific research has explored the many possible benefits of black pepper essential oil such as relieving aches and pains, lowering cholesterol, detoxifying the body and improving circulation, among many others. The main active ingredient in black pepper, piperine, has been shown to have many health benefits, including possible anti-cancer properties, which is why researchers have examined it for inclusion in the therapeutic diet for cancer treatment and cancer prevention. (1) Are you ready to take a closer look at the benefits of this amazing essential oil? 10 Benefits of Black Pepper Essential Oil 1. Relieves pains and pains Due to its warming, anti-inflammatory and anti-spasmodic properties, black pepper oil works to reduce muscle injury, tendinitis and symptoms of arthritis and rheumatism. A 2014 study published in the Journal of Alternative and Complementary Medicine evaluated the effectiveness of aromatic essential oils on neck pain. When patients applied a cream composed of black pepper, marjoram, lavender and peppermint essential oils daily to the neck for a period of four weeks, the group reported an improvement in pain tolerance and a significant improvement in neck pain. (2) 2. Helps digestion Black pepper oil can help relieve the discomfort of constipation, diarrhea and gas. In vitro and in vivo animal studies have shown that, depending on the dosage, the piperine of black pepper has antidiarrhoeal and antispasmodic activity or can actually have a spasmodic effect, useful for relieving constipation. Overall, black pepper and piperine appear to have possible medicinal uses for gastrointestinal motility disorders such as irritable bowel syndrome (IBS). (3) A study published in 2013 examined the effects of piperine on animals suffering from IBS and depressive-like behaviour. Researchers found that animals treated with piperine showed improvements in behaviour, as well as an overall improvement in the regulation and balance of serotonin in both the brain and colon. (4) How is this important for IBS? There is evidence that abnormalities in brain-intestinal signaling and serotonin metabolism play a role in IBS. (5) 3. It lowers cholesterol An animal study of the hypolipidemic (hypolipidic) effect of black pepper in rats fed a high-fat diet has shown a of cholesterol levels, free fatty acids, phospholipids and triglycerides. Researchers have discovered that supplementation with black pepper has increased the concentration of HDL cholesterol (good) and reduced the concentration of LDL cholesterol (bad) and cholesterol VLDL (very low density lipoprotein) in the plasma of nourished fat foods. (6) It is just some of the researches that aim to use black pepper essential oil internally to reduce high triglycerides and improve total cholesterol levels. 4. Has anti-virulence properties Long-term use of antibiotics has led to the evolution of multidrug-resistant bacteria. The research published in Applied Microbiology and Biotechnology found that black pepper extract contains anti-virulence properties, which means it addresses bacterial virulence without affecting cell vitality, making it less likely to resist the drug. The study showed that after the screening of 83 essential oils, black pepper, cananga and mirra oil inhibited the formation of biofilm Staphylococcus aureus and "almost abolished" hemolytic activity (red blood cell destruction) of S. aureus bacteria. (7) 5. Lowers blood pressure When black pepper essential oil is taken internally, it can promote healthy circulation and also lower high blood pressure. An animal study published in the Journal of Cardiovascular Pharmacology demonstrates how the active component of black pepper, piperine, has a blood pressure reduction effect. (8) Black pepper is known in Ayurvedic medicine for its heating properties which can be useful for circulation and heart health when used internally or applied topically. Mixing black pepper oil with cinnamon or curcuma essential oil can improve these heating properties. 6. Exhibits Anticancer Activities According to a 2010 study conducted at Michigan State University, black pepper extract and its constituents show anti-inflammatory, antioxidant and anti-tumor activities. Researchers found that piperine and alkyl admides in black pepper had both dose-dependent capabilities to inhibit the proliferation of human cancer cells. (9) 7. Eases Feelings of anxiety and cigarettes Cravings Black pepper oil can help reduce appetite for cigarettes and anxiety symptoms in private smokers from smoke. A clinical study published in Drug and Alcohol Dependence found that black pepper oil can suppress certain symptoms of smoking withdrawal, including cravings for cigarettes. Forty-eight smokers of cigarettes participated in a three-hour session conducted after night smoking deprivation. The participants were divided into three groups: a group of smokers swollen on a device that provided an essential oil steam of black pepper; a second group is padded on a device with a mint/menthol cartridge; and a third group used a device containing an empty cartridge. After puffing and inhalation from the devices throughout the session, the cravings for cigarettes were significantly reduced in the black pepper group compared to each of the two groups ofn addition, the negative effects and symptoms of anxiety were alleviated in the black pepper group, and participants reported that the intensity of the chest sensations were much greater with the black pepper cartridge. The results of this study suggest that the respiratory tract are a key aspect of mitigating withdrawal symptoms from smoking. Researchers also conclude that "cigarette substitutes that provide black pepper constituents may be useful in smoking cessation treatment". (10) 8. It helps detoxify the body's black pepper (Piper nigrum) and piperine has been shown to have "biotransformative effects" including detoxification and enhanced absorption and bioavailability of conventional herbs and drugs. (11) This is why you can see piperine as an ingredient in your supplements. A 2013 animal study published in Biochemistry and Cell Biophysics found that piperine supplementation helped normalize blood pressure, improve glucose tolerance, decrease inflammation and increase liver function in rats fed a high-fat diet. These positive results suggest that piperine may help reduce the symptoms of Human Metabolic Syndrome by helping the body remove toxins and reduce inflammation. (12) 9. Serves as an Appetite Stimulant Research shows that olfactory stimulation using black pepper essential oil, which is a strong appetite stimulant, can facilitate swallowing in people with neurological disorders. Inhalation and ingestion of black pepper oil activates the insular or orbitofrontal cortex, thus improving the reflexive swallowing movement. In 2008, the effects of olfactory stimulation with black pepper oil were investigated in paediatric patients receiving long-term enteral nutrition (liquid supplements or tube feeding) due to neurological disorders. In eight out of 10 patients, black pepper oil surgery was continued for three months, and five patients showed increases in the amount of oral intake & more black pepper treatment helped to facilitate swallow movement. (13) 10. Can be used as Food Preservation Essential oils of black and green pepper were used in an in vitro study 2015 in order to understand the antimicrobial activity against microorganisms that cause food deterioration. Researchers found that both pepper oils showed antimicrobial, antifungal and antibacterial activity, and successfully inhibited the growth of Staphylococcus aureus bacteria in chicken soup. The results of this study show how both green pepper and black pepper essential oils are effective in controlling the growth of known food-dust microorganisms. (14) How to use black pepper oil is available in some health food stores and online. Black pepper oil can be inhaled directly from the bottle, spread at home for a heating aroma, taken internally in small doses (Always read carefully the labels of the management of the and applied topically. When you buy black pepper essential oil, especially for internal use, be sure to buy a high quality, 100% pure-grade product that is made by a reliable and reputable company. Because of its potent and medicinal properties, you want to use the best product you can find. You also want to look for an oil that is CO2 CO2 extracted than steam distilled. The extraction of CO2 involves the exclusion of chemicals such as hexane or ethanol, which is very positive. When applied topically, black pepper oil creates a warm feeling, so use small doses and dilute it with a carrier oil, such as coconut oil, jojoba oil or almond oil. You can use a 1:1 dilution, especially if you apply the oil to sensitive skin. There are many ways to use black pepper essential oil, and its uses go far beyond flavouring your food. Here are some simple ways to use Black Pepper Oil at home: To increase circulation and blood flow to muscles and nerves, add 3&6 drops of Black Pepper Oil to a hot wrap and apply it to the abdomen or areas of concern. To relieve the discomfort of constipation, diarrhea and gas, take 1&2 drops of black pepper oil internally and add them to a smoothie, soup or salty dish. It can also be applied locally to the abdomen. To relieve muscle and tendon injuries, apply black pepper oil topically to the area of concern. To make breathing easier, take the oil from the inside or inhale directly from the bottle. To relieve your craving for cigarettes, spread black pepper oil or inhale it directly from the bottle when you have a craving. To use it as a natural treatment for arthritis and rheumatism, apply 2-3 drops topically to the area of concern. To help detoxify the body, take 1&2 drops internally or apply 2&3 drops topically on the bottom of the feet. To flavor soups, stews, baked vegetables, salads and appetizers, add 1-2 drops of black pepper essential oil. Black pepper essential oil: plant origin and chemical composition Black pepper essential oil is extracted by CO2 extraction or steam distillation. Essential oil has a spicy, hot, peppery and musky aroma. It is commonly used to aid the digestive and nervous system by stimulating circulation and promoting emotional balance. Black pepper has a unique versatility, energizing and warming. In addition to invigorating the senses, it can be used to improve mental clarity, and is a favorite among athletes and those with active lifestyles because it has warming and energizing properties. Black pepper essential oil is also an important health food thanks to its antioxidant, antimicrobial potential and its gastro-protective modules. With piperine as the active ingredient, black pepper contains a rich phytochemical which also includes volatile oils, oleoresins and alkaloids. Animal research has shown how piperine assists in brain cognitive functioning, increases nutrient absorption improves gastrointestinal function. Animal research has also found that the free-scavenging activity of black pepper and its active ingredients can make it useful to regulate tumor progression and also act as a general chemopreventive substance. (15) Archaeological evidence of the use of pepper dates back to at least 2000 B.C. Pepper references appear in the Greek and Roman texts, suggesting an ancient trade between India and the West. The Romans loved to add pepper to their foods. In fact, in the oldest known recipe book, the 80% of the recipes contain La Spezia. Signs of an ancient pepper trades have also been found from India to the Egypt, including pepper grains that had been stuck in the nostrils of Ramses the great when he was mummified. Black pepper essential oil precautions The essential oil of black pepper can be a strong irritant in high doses, so dilution with a vector oil (such as coconut or jojoba oil) is recommended for topical use. It is wise to try a plaster before applying black pepper oil on a larger area of the body. Start by applying a drop to the wrist or to the foot to make sure you don't have an adverse reaction. Always read the product instructions carefully before using the black pepper oil and, as I said earlier, always look for the high quality oil. If you are taking drugs or have health problems in progress, talk to your doctor before using the essential oil of black pepper. Talk to your doctor even before using this topical oil or internally in case of pregnancy or lactation. Final considerations on black pepper essential oil The essential oil of black pepper has a spicy, warm, peppery and musky aroma. It is commonly used to assist the digestive and nervous system by stimulating circulation, favoring emotional balance, stimulating appetite and reducing cholesterol levels. You can use the essential oil of black pepper to help digestion, help detoxify the body, and add flavor to your food. One of the benefits not yet well studied in black pepper oil is its ability to help you quit smoking. The feeling of heating that the black pepper oil creates in the throat and in the chest when inhaled has proved to help people stop smoking more easily. The black pepper oil also helps alleviate anxiety and nervousness when inhaled or widespread. If you use a topical black pepper oil, dilute first with a vector oil because it can be a strong irritant. Read Next article: Á, Palo Santo increases immune health and fights inflammation

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