

Black Pepper is an essential ingredient of the kitchen useful in treating a number of common ailments. It's a bushy climber with strong branches and heart shaped leaves having small, round or oval shaped fruits available in clusters which are edible and rich with medicinal and natural healing properties. Lets see some of the amazing health benefits of black pepper here on this page.



Health Benefits of Black Pepper

Good for Digestion

black pepper contains active compounds that increase the motility of the intestines by stimulating the production of gastrointestinal enzymes.

Maintains Healthy Heart

A healthy diet with black pepper as one of its ingredients will give you some much-needed potassium which helps control your heart rate and blood pressure.

Expels Harmful Free Radicals

Black pepper contains flavonoids such as cryptoxanthin, zeaxanthin, carotene, and lycopene powerful antioxidants which expel harmful free-radicals from the body.

In Weight Loss

The pericarp, or the outer layer of the pepper, helps break down fat cells, making them easily absorbed by the body rather than becoming stored, unburned fats.

Treats Cough and Asthma

Black pepper has anti-bacterial and anti-inflammatory properties that can treat coughs and asthma. it is also an expectorant, which clears out the air passage by expelling phlegm.

Relieves Nasal Congestion

Black pepper effectively loosens up blocked nasal passage through sneezing and also relieves cold and sinusitis by curing the inflamed tissues.

Removes Toxins from the Body

The active compounds found in black pepper promotes sweating and urination, which causes the toxins to be purged out from the body.

Steady Run