
TOP 10 USES FOR BLACK PEPPER OIL

- 1. Cold Hands and Feet:** Dilute 3 drops Black Pepper, 1 drop Thyme with a little Fractionated Coconut Oil and massage into hands and feet. Use regularly.
- 2. Rheumatic - Muscle & Joints Support Blend:** Blend together 1 drop Black Pepper, 4 drops Marjoram, and 4 drops Lavender with a small amount of Fractionated Coconut Oil. Apply on areas of concern.
- 3. Arthritic - Muscle & Joints Support Blend:** Blend 2oz Fractionated Coconut Oil, 2 drops Black Pepper, 1 drop Ginger, 3 drops Coriander, 4 drops Helichrysum, 6 drops Roman Chamomile, and 4 drops Patchouli. Apply on areas of concern.
- 4. Stimulate Appetite:** In a diffuser add 2 drops Black Pepper and 2 drops of Lemon oil to encourage individuals to boost energy and create interest in food again. Diffuse these oils to help them eat and enjoy food again.
- 5. Bumps & Bruises:** Mix 3 drops Black Pepper, 4 drops Cypress, 3 drops Lavender oil and rub onto location regularly.
- 6. Digestion Relief:** Dilute 2 drops Black Pepper and 5 drops Marjoram with a little Fractionated Coconut Oil and rub on the abdomen.
- 7. Boost Blood Pressure:** Blend 1 drop Black Pepper and 4 drops Wild Orange and inhale. Rub on the bottom of feet, too.
- 8. Runner's Rub:** 1 oz Fractionated Coconut Oil, 2 drops Black Pepper, and 5 drops Rosemary oil apply to calves before and after run to help with endurance and reduce muscle cramping.
- 9. Support Immunity & Open Airways Inhalant Blend:** On an inhaler wick, mix 2 drops Black Pepper, 2 drops Eucalyptus, 2 drops Basil, 2 drops Ginger, 4 drops Frankincense, and 8 drops Bergamot.
- 10. Smoking:** 1 drop under tongue and inhale to assist the body with overcoming cigarette cravings and dealing with the associated anxiety.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

