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INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Black Pepper

From a particular processing of the fruits of *Piper Nigrum*, a plant of the family *Piperacea* native to India, we obtain the spice that we know as black pepper.

Black pepper is one of the remedies of Ayurvedic medicine and is one of the three spices that make up the "Trikatu" (the others are saffron and long pepper) used to promote digestion and stimulate metabolism.

Actually piperine, the alkaloid contained in pepper, makes the spice stimulating, tonic and stomachic and, by stimulating the secretion of gastric juices, facilitates the digestive process and facilitates the absorption of nutrients by taking maximum benefit from the food ingested. Not recommended in case of gastritis, ulcer or hemorrhoids because it irritates the mucous membranes.

An effect of black pepper is also to stimulate thermogenesis, for this reason it is considered an excellent adjuvant in slimming diets and to combat obesity.

Black pepper also has antiseptic, expectorant properties and is even one of the aphrodisiac foods. This spice would also be valuable to combat depression, it seems that piperine stimulates the production of endorphins in the brain and acts as a natural antidepressant.

The use of black pepper is also widespread for external use: the piperine it contains seems effective in combating vitiligo, in wellness centers it is used in eudermic treatments and for muscle and relaxing massages, while a bath with black pepper essence stimulates sweating and contributes to the purification of the organism. Even in case of bruises black pepper can be a good natural remedy to remove swelling and decrease pain with cold compresses

100 g black pepper contain 251 kcal, and:

Protein 10.39 g  
Carbohydrates 63.95 g  
Sugars 0.64 g Fats 3.26 g  
Dietary fiber 25.3 g  
Sodium 20 mg



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Black pepper is a useful spice to promote digestion and metabolism. However, not everyone knows that it can also be used for internal use, for muscle and relaxing massages. Let's find out more. Even in case of bruises black pepper can be a good natural remedy to remove swelling and decrease pain with cold compresses.

Black pepper is really the king of spices and with its spicy and aromatic grains it flavors many dishes in recipes all over the world. Whole grains enrich broths, salami and sausages, while freshly ground they decisively flavor meat and fish but also pastas (think spaghetti cacio e pepe of the Roman culinary tradition), soups and risottos. Also great for giving a stronger flavor to sweet cheeses and vegetables such as fennel, carrots and peas. Black pepper is so widespread that it also appears in the most famous spice mixtures such as baharat, creole and curry.

No other spice, like black pepper, pushed so much the search for new trade routes to the East, so much so that for centuries it represented a commodity of the highest value. To date the most widespread spice in European cuisine, black pepper, with its spicy and aromatic flavor, was already appreciated in Ancient Egypt, so much so that some peppercorns were found in the tombs of the Pharaohs. Known in Greece even before the 4th century BC. C. and advised by Hippocrates combined with vinegar and honey against menstrual pain, in the Roman Empire it became synonymous with wealth and exchange goods.

Apicius inserted this spice into almost all the recipes of his *Coquinaria De re* and it seems that during the siege of Rome both the Unni and the Visigoths demanded huge amounts of pepper in exchange for the salvation of the city. Pepper represents in the common imagination wit and vivacity so much that talking about a person "all pepper" underlines its slimy and biting character while "responding with salt and pepper" means making polemics or in any case showing decided to assert themselves.