The benefits of black pepper on indisposition

Rana Hussain
Alhijama Healing Clinic (Ltd.), UK

Black pepper (scientific name: *Piper nigrum*) is a hot, pungent spice with a host of health benefits. It has an active component called piperine that gives black pepper its characteristic taste. Plus, it contains iron, potassium, calcium, magnesium, manganese, zinc, chromium, vitamins A and C, and other nutrients. Many of the natural medicines used at our clinic have an agglomeration of many plant extracts which includes black pepper. This key ingredient blended with other herbs forms the baseline bed of the herbal mixture and assists in eliminating many of the ailments aforementioned. The findings of our research have reduced many symptoms. Finally it can be concluded that in the hands of an experienced herbalist black pepper is an extremely inexpensive way of eradicating many modern diseases. It is clear that the use of this popular herb will always remain desired. There has never been any side effect in normal use of this herb been cited or reported. However further laboratory and clinical studies are required to evaluate the efficacy and the biomechanics of this natural mini wonder.

Biography

Rana Hussain is a Naturopath, Hijamah Practitioner, Nutritionist, Herbalist. He runs Alhijama Healing Clinic (Ltd.) at Huddersfield, UK. He has attended many international conferences and meetings in his career.

ranahussain786@hotmail.com