

HEALTH BENEFITS OF BLACK PEPPER

By Andrew Osei-Bimpong
MSc. Csci. FIBMS, MIHM
PGDipMgmt

Senior Chartered Scientist-
Tiscanlabs

TISCANLABS HEALTH GUIDE

Black pepper stimulates the taste buds in such a way that an alert is sent to the stomach to increase acid release, thereby improving digestion. Stomach acids are necessary for the digestion of proteins and other food components in the stomach. When the body's production of hydrochloric acid is insufficient, food may sit in the stomach for an extended period of time, leading to heartburn or indigestion, or it may pass into the intestines, where it can be used as a food source for unfriendly gut bacteria, whose activities produce gas, irritation, and/or diarrhea or constipation.

Black pepper has long been recognized as a substance that helping to prevent the formation of intestinal gas), a property likely due to its beneficial effect of stimulating acid production. In addition, black pepper promotes sweating, and possesses *diuretic* (promotes urination) properties.

Black pepper has demonstrated impressive antioxidant and antibacterial effects--yet another way in which this wonderful seasoning promotes the health of the digestive tract. And not only does black pepper help you derive the most benefit from your food, the outer layer of the peppercorn stimulates the breakdown of fat cells, keeping you slim while giving you energy to burn. It is important to use black pepper in moderation in order to prevent undesirable and potentially dangerous burning sensations in the gut.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.