



# Peppper



**Kingdom** : Plantae  
**Order** : Piperales  
**Family** : Piperaceae



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# General Information



## ○ Treats Arthritis

Arthritis is common happen to elderly above 55 years old. Thus, this disease causes swollen and stiffness in joints. For the patients, arthritis can be worse that effects body movements. Indeed, chili leaves can help to treat arthritis as it contains high inflammatory properties.

## ○ Treats Shingles

What is shingles disease? Shingles is skin disorder that happens due to virus, it's the same virus that causes smallpox. Also, shingles is likely scabies on skin. Then, chili leaves can be used to treat shingles as it has the source of inflammatory.

## ○ Cleans Toxin

Then, our body conducts of toxin from all sources such as food or anything. Thus, chili leaves have the anti septic properties that able to heal you from food poisoning. Also, to heal skin disorder such as ringworm, fungi diseases, or help from injuries.

# Medicinal Uses



## ○ Healthy Diet

Chili has been known as the great source for diet menu. Also, chili leaves can help you promoting healthy diet. Indeed, chili leaves contain a low fat and calories. Then, you may use it as your alternative weight loss treatment. Well, how to do it? You can take dried chili leaves for three or four leaves. Then, boil it with water and you may add it with lime or lemon water. So, drink it straight in the morning.

## ○ Lowers Cholesterol Level

There two type of cholesterol which are good cholesterol (HDL) and bad cholesterol (LDL). Thus, the high level of cholesterol can cause you a serious disease like heart attack. Meanwhile, the low fat and low calories in chili leaves may help you to lower cholesterol level.

## ○ Boosts Immune System

One more health benefits of chili leaves is to boost immune system. As chili leaves contain the source of phytochemicals and phenolic acids. These sources are used to boosts immune system and as well as preventing us from diseases.

# Medicinal Uses



## ○ Source Antioxidant

Indeed, antioxidant is all we need to kill free radicals that cause us bad things in body. Well, chili leaves contain the high source of antioxidant which is the source to prevent cancer, cataract, cardiovascular diseases and more. Indeed, we may consume the leaves to get extra anti oxidants source.

## ○ Produces Insulin

It is important for diabetes type 1 patients. Indeed, pepper leaves contain photochemical. It boosts pancreatic cells to produce insulin in diabetes cases. Then, the trials also proven that the chili leaves can reduce the LDL level.

## ○ Indigestion Treatment – You can cure indigestion with chili leaves. Thus, boil the fresh chili leaves and drink it after meals.

## ○ Cures Fever – You can also cure fever with this traditional medical treatment. By then, mashed chili leaves mixed with lettuce oil and apply it on your forehead.