

# Natural immunity boosters

## **Black pepper is an effective remedy against vitiligo**

This spice plays a significant role of improving digestion. Black pepper has a stimulating effect on the taste buds, which increases the secretion of hydrochloric acid, thereby enhancing the digestion process once food reaches your stomach. It is a rich source of antioxidants which reduce the damage caused by saturated fats; a primary cause of oxidative stress.

These antioxidants also help in preventing and repairing damage caused by free radicals, thereby avoiding the risk of cardiovascular diseases and liver problems.

Black pepper has been proved to be an effective remedy for curing vitiligo, a

also acts as a protective agent against the risk of skin cancer that can occur due to excess ultraviolet radiation.

The spiciness of black pepper helps in clearing congestion and sinusitis. Besides, it aids in relieving coughs and colds. It contains good anti-bacterial properties. Bacterial infections of the mouth, colon, digestive system, urinary tract and others are successfully treated with black pepper.

