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## Nine quick facts about the Pepper bark Tree (*Warburgia salutaris*)

- Status: Rare and found only in protected areas.
- Salutory: As its name suggests "salutaris" refers to "health giving" and its functions as a general tonic for good health.
- Leaves and bark create a strong peppery taste which becomes strongly evident if you make a tea from the dark glossy leaves.
- Likes to grow in tropical climates especially in the Northern Kwazulu Natal area of South Africa.
- Has been shown to have good anti microbial action.
- Traditionally used for medical conditions including flu, chest complaints, constipation, stomach ulcers, headaches, toothache and even malaria.
- Pepper bark is taken in a number of ways including orally, smoked and also mixed with fat into an ointment.
- Has been used along with other plants as an aid in traditional divination practices.
- Can be propagated from seed, cuttings and tissue culture.

### Sources:

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