

Six Ways to Maximize the Healing Powers of Peppermint

By: PF Louis, Natural News

The powerful and distinctive scent of peppermint may evoke pleasant childhood memories of candy canes and peppermint candy balls in some of us.

But there's more to peppermint than candy. Though used more than any other herb to create flavoring for gum and candy, peppermint has therapeutic applications also.

Green peppermint leaves can be used to create tonic teas, while peppermint essential oils are available for aromatherapy and as a concentrate for creating other solutions.

Many consider menthol peppermint's main therapeutic active ingredient. However, menthol is joined by *rosmarinic acid* and several flavonoids including *eriocitrin*, *hesperidin*, and *luteolin*. These combine to produce peppermint's antimicrobial, antiviral, and antioxidant activities.

Peppermint has demonstrated the ability to relax the gastrointestinal (GI) tract and reduce pain transmitted through the central and/or peripheral nervous systems.

Respiratory problems can also be ameliorated with peppermint. There is also evidence that peppermint has anti-tumor and anti-allergenic properties.

Though offered in several forms, it's best to use peppermint essential oil or leaves for tea, which should be brewed with a lid to keep the vapors from evaporating.

Six ways to use peppermint for home healing

(1) A couple of drops of peppermint essential oil in water after a meal helps digestion. It even helps eliminate gas and minimize belching or flatulence. Peppermint oil as tea or essential oil drops in water is also helpful for easing irritable bowel syndrome (IBS).

(2) The relief is quick for respiratory problems, but temporary. It's non-toxic, so asthma sufferers may

find peppermint a useful non-toxic replacement, at least occasionally, for those pharmaceutical corticosteroid inhalers that now require prescriptions.

The most recommended method for bronchial issues of any type is using a few drops peppermint's essential oil in an inhaler or vaporizer. You can also just add a few drops into boiling water and breathing in the steam using a towel as a shroud for containing the steam.

If you can find an inhaler that is not packaged with a pharmaceutical, you can apply a couple of drops of peppermint essential oil in purified or distilled water and spray it into your lungs orally.

(3) Peppermint oil or tea helps strengthen your immune system. It also improves blood circulation. Use frequently as aromatherapy or tea during a viral outbreak in your region, or to help protect against chemtrails.

Gargling with peppermint oil drops in water is effective for reducing throat inflammation. It's also useful as an effective mouthwash for removing bad breath and clearing out some nasty bacteria.

(4) There are reports of using peppermint to successfully treat urinary tract infections. Some recommend peppermint capsules, but strong teas or essential oil drops in water may do the trick as well.

(5) Relief from nausea or headaches, even migraine attacks, can be achieved by using peppermint tea or oil. Sometimes it can be applied topically to for headaches. Again, deeply breathing in peppermint's aroma can be used.

(6) Do you share your residence with a canine companion who freaks out during thunderstorms or fireworks events? Dog lovers report calming results by applying some peppermint essential oil to their dog's paws and rubbing the dog's paws and other sections of the body gently. Let your dog breathe in the vapors. Your dog should become calmer.

Investing in peppermint leaves or essential oil is a good choice to have as part of your natural household pharmacy for several minor maladies. And it produces a great aroma to have lingering in your dwelling's space.

Sources for this article include:

<http://www.ncbi.nlm.nih.gov/pubmed/16767798>