



Peppermint Oil

Stock #1706-8 (0.15 fl. oz.)

Peppermint tea is the third most favored tea worldwide, following chamomile tea and black tea.

Peppermint contains menthol which is clinically proven to stimulate digestive fluids and bile, dilate blood vessels, induce perspiration, and relieve smooth muscle spasms, especially in the lower bowel. Peppermint also contains essential oils which stimulate digestion by enhancing gallbladder activity and increasing bile production. These oils help normalize gastrointestinal action by eliminating gas and relieving cramps. Clinical trials conducted in Britain and Denmark during the 1990's confirmed the medicinal value of peppermint for treating irritable bowel syndrome. Peppermint is also beneficial for headaches and migraines stemming from digestive weakness. Peppermint is thus recommended for abdominal distension (bloating), colic, dysmenorrhea, dyspepsia, flatulence, gastric ulcers, gastroenteritis, irritable bowel syndrome, loss of appetite, menstrual/muscle cramps, nausea/morning sickness, nervous disorders, rheumatism, and spastic colon.

Peppermint is also useful as an expectorant and is helpful for treating colds, flu and general fevers, as it induces perspiration to cool the body. The menthol in peppermint has antifungal, antiseptic, and cooling properties, and acts as a local anesthetic and anti-inflammatory to the skin, relieving pain and reducing sensitivity.

Externally, peppermint oil is helpful for asthma, burns, excess mucus, headaches, itching skin conditions, neuralgia, rheumatism, ringworm, sinusitis, upper respiratory infections, and as an insect repellent.

Peppermint contains azulene and other active constituents which have anti-ulcer and astringent properties.

The volatile oil of peppermint is strongly antibacterial and is known to inhibit and kill numerous microorganisms, including *Candida albicans* (yeast infections), *Herpes simplex* (cold sores), *Influenza A* viruses (Asian flu), Mumps virus, Newcastle disease, Semliki Forest virus, *Staphylococcus aureus* (pneumonia, sinusitis, impetigo, etc.), *Streptococcus pyogenes* (sore throat, scarlet fever, rheumatic fever, otitis media, cystitis, cellulitis, etc.), *vaccinia* virus (cowpox), West Nile virus, and more.

Peppermint contains several essential oils which help prevent congestion of blood flow to the brain, clear congestion already present, stimulate general circulation, and strengthen and calm nerves. The calming effect of peppermint has been reported to help inability to concentrate. A placebo-controlled study involving college students found students noted great improvement in test-taking skills and examination scores after drinking peppermint tea.

Concentrated peppermint oils are very strong and can cause contact dermatitis, flushing and headache if inhaled excessively or massaged onto large areas of the skin. Excessive use of the essential oil can also cause irritation to mucous membranes. Due to its astringent properties, using whole peppermint leaves for prolonged periods may cause damage to the liver and intestines. Do not use with infants.