

Peppermint



Product Summary

Peppermint has an invigorating, clean, fresh, menthol aroma. This important essential oil has been widely studied for its potential health benefits.

Product Story

Peppermint is native to Europe and is a hybrid of the wintergreen and spearmint plants. Growing to approximately two feet tall, peppermint plants bloom from July through August, sprouting tiny purple flowers in whorls and terminal spikes. Simple, toothed, and fragrant leaves grow opposite the flowers. Preparations for extracting peppermint essential oil begin with the leaves and flowering tops of the plant, where menthol—peppermint’s primary active component—is extracted.

Primary Benefits

One of the oldest and most highly regarded herbs for soothing digestion, peppermint may also restore digestive efficiency. Jean Valnet MD studied peppermint’s supportive effect on the liver and respiratory systems. Other scientists have also researched peppermint’s role in improving taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint’s ability to improve concentration and mental acuity. Alan Hirsch, MD studied peppermint’s ability to directly affect

the brain’s satiety center, which triggers a sensation of fullness after meals.

How to Use

- Add a drop of peppermint essential oil to herbal tea to soothe digestion.
- Apply a drop topically on unbroken skin to stop itching.
- For poison ivy or poison oak, apply peppermint essential oil on location or dilute with V-6™ Enhanced Vegetable Oil Complex.
- Inhale peppermint essential oil before and during a workout to boost your mood and reduce fatigue.
- Place two drops on the tongue and rub another drop under the nose to improve alertness and concentration.
- Rub four drops on chest and stomach to relieve travel sickness.
- Add peppermint to food as a flavoring.
- Mix one 15 ml bottle of peppermint essential oil into a five gallon can of paint to dispel the fumes.
- Place a few drops in a cup of hot water and enjoy in place of coffee.

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- Drink a drop of peppermint essential oil mixed in a glass of cold water to cool off on a hot day.
- Inhale the fragrance of peppermint to curb the appetite and lessen the impulse to overeat.
- Mix peppermint essential oil in a foot bath to relieve sore feet. Keep water agitated while soaking feet.

Caution

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Do not apply peppermint essential oil to a fresh wound or burn. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

Did You Know?

- The term "mint" is from the Greek name *Mintha*, a mythological nymph transformed into a plant by the goddess Persephone after she learned of her husband Pluto's love for her.
- The Young Living Farm in Mona, Utah grew twelve acres of peppermint during the 2008 season.

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