

Peppermint Oil

Peppermint is an amazing healing herb. It is universally used and accepted as a medical plant. It has been cultivated for its medicinal properties since ancient times.

Peppermint leaves contain menthol, which is a proven aid to digestion. It helps reduce nausea resulting from an upset stomach.

It is also a mild anti-spasmodic making it useful for relieving menstrual cramps. As a vasodilator, it creates a warm feeling by stimulation circulation. The oil of peppermint has been shown to be antimicrobial and antiviral as well.

One of peppermints most valuable attributes is the ability it has to inhibit and destroy many kinds of germs and viruses. It can help prevent:

- ❖ Flu bug
- ❖ Cold sores
- ❖ Mumps virus, and many viruses that cause childhood disease
- ❖ Candida Albicans, a yeast infection

Beneficial uses of Peppermint Oil:

- ❖ Apply to the temples and forehead for relieving headaches
- ❖ Aches and pains or arthritis
- ❖ Neuralgia, stomach spasms, vomiting, nausea and seasickness
- ❖ Dizziness, fainting, fevers, flu, gas, heartburn, hysteria, insomnia, measles, menstrual cramps, morning sickness, mouthwash, nightmares, and shock

A few drops of Peppermint oil in a glass of water will:

- ❖ Settle the stomach
- ❖ Stimulate digestion
- ❖ Help in concentration and mental fatigue
- ❖ Increase energy, mental alertness and vitality
- ❖ Help with throat infection and coughs

Using a spray bottle, fill with 6 oz. of water and add 20 – 30 drops of Peppermint Oil for the following uses:

- ❖ To cool the body on hot days
- ❖ To relieve the symptoms of hot flashes
- ❖ Excellent to repel mosquitoes and other annoying insects
- ❖ Spray in mouth to freshen your breath by adding 1 mL of glycerin when mixing oils

Put several drops on cotton balls and placed where roaches like to live and thrive. It will keep them away.



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