

Peppermint Oil

Introduction

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

History

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.
- 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.

Testimonies

Peppermint works good on ants

Author: Linda Barba

Posted: Jun 19, 2008

I looked up in the database regarding ants and got the tip for Peppermint oil. I mixed bit of the oil with water in a glass spray bottle. I sprayed it on the ants & it killed them instantly. I had tried Thieves but it only slowed them down.

Peppermint helps with IBS symptoms

Author: Vicky Goodridge

Posted: Dec 02, 2007

An acquaintance mentioned that she had been having bad pain in her stomach for about 3 weeks and that her doctor told her it might be

Irritable Bowel Syndrome. I checked out my Essential Oils Desk Reference and peppermint was listed as an oil that might help with IBS. I gave her a sample bottle so that she could try applying a drop or two to the area over the next couple of days. When I saw her 3 days later she reported that she had not had any stomach pain since using the peppermint

Peppermint for indigestion and menstrual cramps

Author: Donna Kessler

Posted: Oct 23, 2005

Peppermint is one of my favorite oils. My husband frequently had indigestion problems after a meal and I frequently saw him taking out the baking soda to neutralize the acid. I finally convinced him to try peppermint by putting a drop on his hand and licking it. My husband now carries a bottle of peppermint to work in his lunchbox as well as using it at home when needed.

My second success with peppermint has been for menstrual cramps as attested to by my co-workers and my daughter. Again we just put a drop on our hand and lick it off! Make sure your hands are clean

Fever in child subsided with peppermint oil

Author: Susan Forma

Posted: Oct 12, 2007

My 10 year old daughter wasn't feeling well, and was beginning to get a fever. I could feel it coming on, knowing it would get worse throughout the night. Her stomach was also very upset. I had heard using peppermint oil would help so I put peppermint on her feet and on her stomach. She fell asleep almost immediately. Her fever never rose during the night, in fact I

checked her and it had diminished completely. She woke up feeling great.

Diverticulosis and peppermint

Author: Luana Navarro

Posted: Apr 17, 2006

My husband suffers from Diverticulosis. When it flares up we have been using peppermint oil to ease the pain and cramping. Several drops of the peppermint oil rubbed on his abdomen where the pain is most intense, followed by a hot compress on the same area, has relieved these symptoms. Prior to using essential oils, my husband was taking a 10 day course of antibiotics every time he had an episode. We have been able to avoid antibiotics for this condition now for the last 5 months. We have experienced the same wonderful results each time we have used the peppermint in this way.

Peppermint oil instantly stopped my seasickness!

Author: Elisa Youngblood

Posted: Sep 30, 2009

Becoming seasick riding in my husband's boat, I found that putting a drop of peppermint oil behind each ear stopped the nausea and other symptoms. No need for Dramamine (which knocked me out for 6 hours) or the perscription medication. Just a drop or two of peppermint (I didn't try any others, so another oil may also work) behind each ear and instantly that horribly seasick feeling was gone!!

I won't be without peppermint oil on any boating adventure

Peppermint for vomiting

Author: Deborah Ranada

Posted: Sep 01, 2005

The first time I used peppermint is when two of my children ate too much halloween candy and were vomiting. A drop of peppermint rubbed over their tummies stopped the vomiting.

A few years later we were hit bad with some kind of terrible stomach flu that caused everyone in my home to vomit until they were so tired and drained we just wanted to die. Finally I took out the peppermint and applied it to every tummy and we got immediate relief from the vomiting and were able to rest and fall asleep and recover. Thank goodness for peppermint oil

Peppermint Oil Releases Tick

Author: Christopher Lewin

Sep 10, 2005

I was looking after my daughters dog and it was not looking well. After further investigation I found a tick on the dogs back. I got the peppermint oil and put a drop on the tick and in two minutes it backed out of where it had burrowed. It was then easy to lift off without leaving the head in.

Peppermint is must for animals and ticks.