



Peppermint Herb

Fevers, chills, colic, nausea, vomiting, diuretic, influenza, la grippe, stimulant, indigestion, bad breath, strengthens entire body, headaches, nerves, anti-inflammatory.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting/changing your program.

Botanical: *Mentha piperita*

Family: *Labiatae/Lamiaceae* (mint)

Other common names: Mint, Balm Mint, Curled Mint, Lamb Mint, Brandy Mint

For *indigestion, bad breath, flatulence and hiccups*, try **Peppermint!** It is one of nature's oldest and best-tasting home remedies for gas, nausea, heartburn, stomachaches and digestive problems. No home medicine cabinet should be without it!

Some of Peppermint's chemical constituents include a volatile oil (containing menthol), rutin, tannin, alpha- and beta-carotene, acids, luteolin, linalool, betaine, coumarin, calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, B-vitamins and vitamin E.

Beneficial Uses: Peppermint promotes good digestion and improves the appetite. Its foremost

use as a medicine (in both home remedies and pharmaceutical preparations) is applied to relieve indigestion and the intestinal gas caused by certain foods; hence, its use in after-dinner mints and liqueurs. It relaxes the stomach muscles and promotes burping. Some studies have shown that Peppermint lessens the amount of time food spends in the stomach by stimulating the gastric lining, and because Peppermint increases stomach acidity and stimulates the flow of bile, it helps to digest food before passing into the intestines and colon. This could make it especially useful in treating Crohn's disease. Peppermint slightly anesthetizes the mucous membranes of the gastrointestinal tract, easing the discomforts of indigestion, including heartburn, hiccups,

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flatulence, abdominal cramping, bloating and stomachache. Peppermint calms a queasy stomach and is good for nausea and vomiting,

and it is said to be especially calming for the lower bowel and helpful in relieving diarrhea and irritable bowel syndrome.

As an antispasmodic, Peppermint is helpful in alleviating cramps, including menstrual cramps, and stomach pain, and it eases "griping" (sharp pains and grumbling in the bowel) caused by eating unripe fruit or irritating foods. In England, gastroenterologists spray diluted Peppermint oil directly on the instrument used for colonoscopy to prevent spasms. Peppermint is a "nervine" that eases nervous agitation and anxiety. It has a calming effect on the entire body and can help soothe a nagging cough. Peppermint may help treat insomnia, and people with headaches have found Peppermint effective when they accompany it with a short nap.

Peppermint is a strong aromatic and an excellent expectorant that helps to loosen and expel phlegm from the respiratory system, thereby easing congestion of the lungs and nasal passages. As an antiseptic, Peppermint's antibacterial properties can kill the microorganisms that may cause food poisoning. The herb also makes a fine mouthwash and is a wonderful remedy for bad breath.

Peppermint is a stimulant that acts more powerfully on the system than any liquor, quickly diffusing through the system and bringing back to the body its natural warmth and glow. It is helpful in cases of sudden fainting or dizziness with extreme coldness and pale countenance. This quality is useful in alleviating chills and the symptoms of colds, flu and rheumatism, especially in winter. According to researchers from the University of Cincinnati, a whiff of Peppermint helps people who are taking tests to concentrate and do better on tasks that require

sustained concentration. Moreover, other studies indicate that Peppermint could enhance athletic performance.

When used externally, the high menthol content in Peppermint makes a wonderful, soothing rub that relieves muscular tension, sore muscles and the pain of strains. When topically treating migraines, facial neuralgia, rheumatic and muscular aches, gently massage the affected areas; its anesthetic qualities give a cooling, numbing sensation.

As an inhalant, Peppermint temporarily relieves nasal catarrh. The menthol content makes it a superior vapor rub that helps relieve upper respiratory ailments.

Related News; **Ancient minty painkiller worked, study suggests; Ancient Chinese used mint oil, which has anti-inflammatory properties**, *From MSNBC's >Technology & Science > Science Section - 08/25/06.* "The doctors of ancient Greece and China had it right when they applied cool and minty salves to soothe aches and pains, a new study suggests. A synthetic treatment with the same properties as mint oil is an effective painkiller when applied directly to the skin. The new cooling compounds could be especially beneficial to millions suffering with the chronic pain of arthritis and diseases affecting nerve endings, scientists say."

Contraindications:

Pregnant and nursing women should not take Peppermint without consulting a physician. Peppermint may aggravate hiatal hernia. Those who suffer from gallbladder disorders, gallstones or blockage of the bile duct, or those who take heartburn medication (cisapride, etc.) should not take Peppermint without consulting a physician. Do not exceed dosage (many time the recommended amount), and it is also recommended to take a few days' break after two weeks' continual use. Peppermint may interfere with absorption of iron.

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