



Spearmint Herb

Carminatives to relieve gas, stomachic, antiseptic, antispasmodic, diarrhea, colds, cramps, headaches, cancer, fevers, nausea, asthma, IBS, promotes urine flow

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 spicata*

Family: *Lamiaceae/Labiatae* (mint)

Other common names: Garden Mint, Green Mint, Spire Mint, Sage of Bethlehem, Lamb Mint, Bethlehem Sage,* Mackerel Mint, Our Lady's Mint, Pea Mint

Spearmint has been used for thousands of years as a pleasant way to support the gastrointestinal system, with particular emphasis on the lower bowel. The herb is said to relieve flatulence, indigestion, colic, irritable bowel syndrome, nausea and heartburn, as well as stomach, abdominal and bowel pains. This is one old home remedy that no one should be without.

Some of the ingredients in Spearmint include an important essential oil, which contains the simple terpene derivative, carvone (its major active principle), choline, tannin, acids, minerals, vitamins, alpha- and beta-carotenes, azulenes and a bitter principle.

Beneficial Uses: Spearmint is an aromatic herb that is primarily known to stimulate and act

mainly on the digestive and gastrointestinal system (it is even an ingredient in some antacid medications). The bitter principle has been highly esteemed for thousands of years to relieve nausea, indigestion, heartburn, colic, irritable bowel syndrome, dyspepsia, gastric ulcers, gastroenteritis and stomach, abdominal and bowel pains (especially the lower bowel). Spearmint is particularly known for its ability to help expel stomach and intestinal gas and otherwise remedy the deleterious effects of too much food or an improper diet.

Also considered an antispasmodic, Spearmint is frequently given to relieve cramping (including menstrual and abdominal cramps), bowel pain and spasms (including further support for Irritable Bowel Syndrome).

Spearmint is a diuretic that promotes urine flow and is often given for suppressed or painful urination (particularly scalding urine). This property is useful for dropsy (or edema) and helps rid the body of excess water. In addition, it is also thought to help flush gravel from the bladder. Moreover, the herb is also said to promote perspiration, which not only helps to cool the body and lower fever, but it also helps to rid the body of toxins through the skin. This diaphoretic quality is very helpful in cases of flu and colds (particularly accompanied by fever). As an analgesic and calmative, Spearmint is

used as a pain reliever and nerve tonic and is believed to quiet the nerves, ease tension and relieve headaches (including migraines) and vomiting, especially when related to nervous causes.

Spearmint is considered an effective expectorant that helps to expel excess mucus (good for sinusitis) and bring relief to the upper respiratory tract (easing coughs and asthma). As a flavoring, Spearmint is sometimes combined with other less palatable medicines to make them more agreeable in taste or to allay their tendencies of producing nausea or griping (the grumbling pains in the bowel or intestines). It is frequently used in this manner in cough medicines, in addition to augmenting their expectorant applications.

Used externally, Spearmint is thought to be mildly anesthetic and anti-inflammatory and has been used for hemorrhoids and joint pain. It is also included in mouthwashes (good for sore throats) and in toothpastes. Other external uses for Spearmint include its addition to fragrant potpourris, pomanders, toiletries, perfumes, cigarettes and pesticides.

Contraindications: Currently, there are no known warning or contraindications with the use of Spearmint.