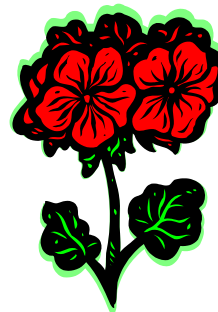


HEALING ESSENTIALS AROMATHERAPY NEWSLETTER NOVEMBER 2015



Issue #21 Featuring Peppermint Essential Oil

SEE MONTHLY SPECIAL BELOW

Peppermint is one of the most widely used plants in the world. It is popular for use in chewing gum, candies, toothpaste and mouthwash. Peppermint has traditionally been used in herbal teas for health benefits including: headache relief, to aid in digestion, heartburn relief, to help relieve colic, and to freshen breath.

SEE HOLIDAY PEPPERMINT RECIPE BELOW

History

The use of mint is mentioned in literature as far back as the time of the Egyptians, Greeks and Romans who used it to flavor wines and sauces; and was probably used medicinally for thousands of years. The herbalist, Culpepper, praised the effect of mint for relieving stomach ailments stating, "There are few remedies of greater efficacy." The actual Peppermint essential oil was not used much before the 16th century when distillation reached Europe.

Botony

Peppermint is a perennial herb with square stems and can reach 3 ft. in height. Once planted in the garden it can become very invasive. The mints are native to southern Europe. There are at least 20 species of mint. Three are commonly distilled for essential oil:

Mentha piperita: Peppermint

Mentha spicata: Spearmint

Mentha arevensis: Cornmint



Peppermint: *Mentha piperita*

Description of Peppermint Essential Oil:

Parts of plant used: leaves. **Method of Extraction:**

Steam distilled. **Color:** Pale yellow to pale olive.

Consistency: Thin. **Note:** Top. **Aroma:** Fresh, strong grassy-minty. **Strength of aroma:** strong.

Chemical constituents: *menthol* 29-50 %, *methone* 22%, *1,8-cineole* 5%, *isomethone* 4%, *menthyl acetate* 4%, *neomenthol* 4%, *limonene* 2%, etc.

Blends well with: Basil, Benzoin, Bergamot, Cedar, Eucalyptus, Lavender, Lemon, Marjoram, Pine, Rosemary. The world's leading producer of Peppermint essential oil is the USA.

Properties of Peppermint Essential Oil: Analgesic (relieves pain), anesthetic, antiseptic, antispasmodic, astringent, carminative (relieves gas), cephalic (clears mind), cholagogue (stimulate liver function), decongestant, emmenagogue (regulates menstrual flow), expectorant, febrifuge (reduces fever), nervine, stimulant, stomachic, sudorific (promotes perspiration), vasoconstrictor, and vermifuge.

Peppermint has often been described as both warming and cooling. “This can be explained due to the effect of the chemical constituent menthol, a monoterpene alcohol whose physical properties impart a noticeable cooling effect to the skin from vasoconstriction later followed by pronounced vasodilation and the warming rubefacient effect. This is accompanied by an analgesic pain relieving effect.” (Mills) Best to always dilute in a carrier oil.

Peppermint Essential Oil Remedies:

- ❖ **Circulatory:** Stimulates blood circulation and supports metabolic function.
- ❖ **Dermatological:** Can relieve itching dry skin, but dilute first.
- ❖ **Gastro-Intestinal:** One of the most effective essential oils for the digestive system. Relieves dyspepsia, nausea, stomach pain, diarrhea and flatulence.
 - **Add one drop in a tsp of honey to relieve nausea.**
 - **Use only 2 % dilution (2 drops to 1 tsp carrier oil) for abdominal massage to relieve GI symptoms.**
- ❖ **Genito-Urinary:** Relieves menstrual cramps. **Add a few drops of peppermint and lavender to a warm compress. Place on abdomen and cover with hot water bottle.**
- ❖ **Immune Protection:** The highly antimicrobial properties purify the atmosphere.
 - **To reduce fever, add 12 drops to one ounce water in a spray bottle. Spray back and underarms**
- ❖ **Lymph System:** Has a refreshing effect on body tissues due to the stimulation of the lymph system.
- ❖ **Musculo-skeletal:** Recommend adding to a massage oil for the relief of arthritis pain, muscle and joint pain, bruises, and contusions. Can be applied neat for acute injury.
- ❖ **Nervous System (CNS):** Clears the mind and relieves headaches.
 - **Add one drop in a tsp of carrier oil. Massage into temples to relieve headache.**
 - **Add 10 drops to water in diffuser to relieve mental fatigue.**
- ❖ **Respiratory System:** The high menthol content relieves nasal congestion.
 - **Added to a diffuser and Inhaled during cold and flu season is beneficial.**
 - **Add 2 drops to one ounce water and gargle to relieve sore throat.**
- ❖ **Insect Repellent:** Known to repel insects including lice, fleas, and ticks.
 - **Combine with a few drops of Peppermint and Cedar essential oils in a spray bottle or on a tissue to repel insects and as a spray for dogs to repel fleas.**

Scientific Research Citations

- Peppermint oil is effective in relieving **abdominal pain** for those suffering with IBS. Source: [PubMed](#).
- The menthol in Peppermint oil was found to have **antifungal** properties. Source: [PubMed](#).
- Peppermint oil has **antimicrobial** properties. Source: [PubMed](#).
- Peppermint oil useful **antispasmodic** for elderly patients. Source: [PubMed](#).
- Peppermint oil has **antiviral** properties that can be suitable against recurrent herpes infection. Source: [PubMed](#).
- Peppermint oil relaxes smooth muscles and can provide relief of **colonic spasm** when given via enema. Source: [PubMed](#).
- Peppermint oil and caraway found to have favorable results for **dyspepsia (indigestion)**. Source: [PubMed](#).
- Topical application of Peppermint oil can relieve **pruritus (itching), irritation, and inflammation**. Also can be a skin sensitizer. Source: [PubMed](#).
- Peppermint oil diluted to 10% as effective as 1,000 mg acetaminophen for **headaches**. Source: [PubMed](#).
- Peppermint oil may be helpful for treating **tension headache**. Source: [PubMed](#).
- Peppermint oil can be used short-term to treat **IBS**. Source: [PubMed](#).
- Enteric-coated Peppermint oil may relieve **IBS** symptoms. Source: [PubMed](#).



Spearmint: *Mentha spicata*

Spearmint shares similar properties to peppermint. It has only a trace amount of menthol so it is less harsh on the skin. This makes spearmint an excellent choice for children with digestive problems such as nausea, constipation and diarrhea. Also safe in respiratory massage for chest rub.

Chemical constituents: *carvone* 70%, *limonene* 20%, 1,8 *cinole* 0.8%, *linalool* 1.1%, *menthol* 0.5%, *a-pinene* 0.7%,



Cornmint: *Mentha arvensis*

Cornmint, also known as Japanese Mint also shares many of the same properties of Peppermint. However the *menthol* constituent can be as much as 80%. It also contains a toxic chemical *pulegone*. Can be considered more toxic so should only be used in a 1% dilution.

When purchasing Peppermint, be sure you check the label for the botanical name. If it does not say *Mentha piperita* then it is not Peppermint. Some vendors sell Cornmint (*Mentha arvensis*) under the name Peppermint. Cornmint is a less expensive oil and does not have the same profile as Peppermint. So check those labels!

Application: Topical: 1-2% dilution for massage, compress, ointment. Inhalation: diffuser.

Safety: Considered non-toxic, but one needs to be cautious due to menthol content.

- Do not use on face or near eyes.
- Do not use in bath as steam will irritate eyes.
- Avoid using with small children as it may cause bronchial spasm.
- Check for skin sensitivity prior to using in skin preparations.
- Do not take internally if diagnosed with GERD (Gastric Reflux Disease) can contribute to reflux.
- Do not use with homeopathic remedies as it antidote (negates) the remedy.

Monthly Special:

Anti-Inflammatory / Pain Relief Massage Oil: one ounce \$10.00 (orig. \$15.00)

**Contains Clary Sage, German Chamomile, Lavender, Peppermint, Helichrysum in Grapeseed and Jojoba Oils.
Very effective for pain relief. See website for description and comments. Dozens sold.**

Wishing everyone joyous Holidays and Peace to the World.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. [The Complete Guide to Aromatherapy](#), by Battaglia, S., P. 246-247, 267.
2. [375 Essential oils and ydrosols](#) by Jeanne Rose, P. 109-110, 226.
3. 3rd Party Testing Results for Peppermint Essential Oil, Learning About Essential Oils.com, posted Oct. 2013.

PS. See an easy Peppermint Candy Gift to make below.

Peppermint Christmas Gift



Homemade Peppermint Patties (Healthy Version) Makes 12 patties

- **½ cup coconut oil**
 - **¾ tbsp. honey**
 - **½ tsp. vanilla**
 - **6-10 drops peppermint essential oil**
 - **2/3 or ¾ cup chocolate chips melted**
1. With a hand mixer beat coconut oil, honey, and vanilla until smooth.
 2. Drip in the peppermint essential oil. Taste as you go to make sure you like level of mintiness.
 3. Place this mixture in the freezer for 10-15 minutes to slightly harden for handling.
 4. Once firm enough to handle divide mixture into 12 portions rolling them into small balls.
 5. Place the balls on a cookie sheet lined with parchment paper. Gently flatten them to form a disc. A flat bottomed glass periodically dipped in warm water works best.
 6. Place the cookie sheet back in the freezer for 10-15 minutes to firm again.
 7. While discs are chilling, melt the chocolate chips.
 8. Remove the discs from the freezer and dip them into the melted chocolate. Put back on parchment paper and allow to set.
 9. Store Peppermint Patties in the fridge to prevent melting.

Happy Holidays!