

Mint

Mentha

JW Farms 7



You may enjoy mint fresh, dried, infused but also maybe tinctured essential oils extracted from the plant to get a power punch of benefits.



Mint along side of lemon and lavender acts as a natural antihistamine. Mint alone can be used to calm allergies, open up sinus pathways and clear brain fog. It is a nutrient rich plant.

This versatile plant includes varieties like peppermint and spearmint, each celebrated for their unique uses. Beyond its cooling sensation and vibrant aroma, mint is packed with nutrients that contribute to overall health and well-being. From supporting digestion to enhancing brain function, mint's benefits are as impressive as its taste. Rich in essential vitamins like A and C, as well as minerals such as iron and calcium, it promotes immune health, strong bones, and even cardiovascular wellness.



Tie a few branches of strongly scented mint (peppermint, sage, lavender, rosemary, bee balm) together, or pull off a handful of leaves, and stuff them into the leg of an old nylon stocking. Suspend by a string inside a garment bag, tuck into bags of stored woolen clothing, or just place in your drawers to let your clothes soak up the scent. Refresh periodically to keep the scent fresh. Can be very useful as a bug repellent. Ants hate the smell.

Nutrient Rich
 Digestion
 Immune System
 Detox
 Promotes Well Being
 Boosts Cognitive Function
 Supports Healthy Pregnancy
 Cold Symptoms
 Oral Health
 Bad Breath
 Stress
 Allergies
 Calms and Soothes Skin
 (also hot to skin)
 Eczema
 Bug Bites
 Sunburns
 Bloating
 IBS
 Nausea
 Motion Sickness
 Headache
 Blood Circulation
 Congestion
 Sore Throats
 Deodorizes
 Natural Cleaner
 Dandruff
 Head Lice
 Nipple Pain Breastfeeding
 Colic
 Muscle Pain
 Weight Loss
 Eye Health
 Hay Fever
 May are in Breastfeeding
 Respiratory
 Boost Memory



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Mint oil steam remedies nasal congestion, and dried mint sachets deodorize closets. Its aroma repels insects in natural cleaners, while mint-infused soaps and bath soaks promote relaxation and skin rejuvenation



The Anti' s:
 Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antiseptic
 Antibacterial
 Antifungal
 Antimicrobial
 Antiviral



Mint is a versatile ingredient that enhances sweet and savory dishes by amplifying natural flavors and reducing the need for added salt or sugar.

It pairs well with fruits, herbs, and spices in recipes like smoothies, chutneys, and spice blends. Popular in teas, desserts, and drinks like juices, mocktails, and kombucha, mint also offers antioxidative benefits.

Caution

Out of an abundance of caution, herbalists also urge pregnant and breastfeeding moms, as well as people with serious chronic diseases, to avoid using mint-family essential oils in massage oils. Many mint-family species contain potent phytochemicals that affect the endocrine system, sometimes dramatically. For example, sage and peppermint, even as tea or food flavorings, can reduce the milk supply in breastfeeding women. The essential oil of pennyroyal, historically used to induce menstruation or as an abortifacient, can be lethal if ingested in a large enough dose to accomplish those purposes. No solid evidence it's ever happened, but the possibility warrants caution.