



Peppermint

Mentha x Piperitais

JW Farms 7



Peppermint is a type of hybrid mint that is bred through a combination of Spearmint and water mint. It is a little stronger punch than the other mints and found in many candies and dishes.



Today, the words mint and peppermint are used interchangeably. The plant is native to Europe and the Middle East, but now, because of its hardiness, can be found all over the world.

Peppermint is best grown in pots or away from other plants, especially a garden. It tends to be a bit aggressive and take over, and you can't kill it once it takes root.

You can use fresh leaves in salads, smoothies, teas and even flavored water. It is known to promote healthy energy and wake the body up. It is high in Calcium and Potassium. It is EXTREMELY high in Vitamin A.

The leaves of Peppermint is what the primary use of the plant is due to the powerful presence of the essential oil. Just touching the leaves boosts an aroma you can't deny. It contains high levels of menthone, menthol, limonene and other various acids, compounds and antioxidants.



Peppermint has been used for health purposes for thousands of years. There are many studies done the plant's essential oil and its effectiveness. Many prominent hospitals use the essential oil to help patients along with their pharmaceutical modalities. A small amount goes a long way with this powerful plant. "A small amount of research suggests that peppermint oil in enteric-coated capsules may improve IBS symptoms in adults." The only company that produces 'enteric coated capsules of Peppermint is DoTERRA.

<https://www.nccih.nih.gov/health/peppermint-oil>

Cold
 Respiratory Conditions
 PMS
 Chronic Wounds
 Spasms
 Pain
 Infantile Colic
 Shingles Pain
 Clearing Sinuses
 Hay Fever
 IBS
 Migraines
 Headaches
 Skin
 Boosts Energy Levels
 Prevents Nausea
 Prevents Vomiting
 Lessens Heartburn
 Cognitive Health
 Hair Health & Strength
 Stress
 Anxiety
 Indigestion
 AntiCancer
 Protects Against Cavities
 Bad Breath
 Allergies
 Improves Exercise Performance
 Oxygenates the blood
 Reduces Dandruff
 Hair Growth
 Relieves Itchiness
 Skin Cooler for Hot Flashes
 Sunburns
 Repels Bugs/Ants
 Chicken Pox
 Greasy Skin
 Ringworm



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Peppermint
 combined with
 Lemon and
 Lavender
 creates a
 natural
 AntiHistamine. It
 is highly
 effective for
 those seasonal
 problematic
 symptoms.

Combined with
 Frankincense is
 highly effective
 for Sun Burns.



The Anti' s:

Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antiseptic
 Antibacterial
 Antifungal
 Anti-aging
 Antimicrobial
 Anti-CANCER
 Antiviral
 Antimicrobial



Uses:

Essential Oil: The Oil is commonly applied to the skin or can be ingested if its pure. Maybe diffused as well.

Tea: Drinking Peppermint Tea releases stress and anxiety yet giving a boost of energy

Tinctures and Extracts: These are the most potent and concentrated and should be used with guidance from a professional until you learn your way in the field.

Flavoring Agent: It is used in culinary practices often.

Caution

Contact Dermatitis
 Be cautious if Pregnant and nursing.