



Spearmint

Mentha spicata

JW Farms 7



Like other herbs of the mint family, spearmint has a square-shaped stem. The tips of the leaves are pointed, like spears, hence its name.



Spearmint is a nutrient rich herb containing a high amount of Potassium and is rich in Iron, Protein, Vitamin C and more. It has been known to chew on spearmint leaves to settle your upset stomach. It is very good for the digestive system. Due to the amount of Vitamin C in the leaves it will help protect against cardiovascular disease, eye disease, and other health problems. It also helps prevent anemia due to the high Iron content. Spearmint leaves are known to stimulate the production of red blood cells and hemoglobin.

This mint has been used widely for toothpaste, mouthwashes, gum and more. It has a good aroma which is similar to peppermint, yet it contains less menthol and has a sweeter taste. Spearmint has been used in health products for many years because of its vital nutrients and good taste, as well as the aroma.



To make the tea at home:

- Boil two cups (473 ml) of water.
- Remove from heat and add a handful of torn spearmint leaves to the water.
- Cover and steep for five minutes.
- Strain and drink.

This herbal tea is delicious hot or cold. It's also caffeine- and calorie-free, making it a naturally sweet treat you can enjoy at any time of the day.

Nausea
 Vomiting
 Morning Sickness
 Digestive System
 Gastrointestinal Issues
 Boosts Energy
 Balances Hormones
 Reduces Androgens Level
 Hirsutism
 Improves Memory
 Stress
 Depression
 Respiratory
 HEART
 Boosts Immune System
 Lowers Blood Sugar
 Digestion
 Lowers Blood Pressure
 Arthritis Pain
 IBS
 Indigestion
 Brain
 Breastfeeding Pain
 Colds
 Bad Breath
 Cramps
 Arthritis
 Muscle Pain
 Headache
 Fatigue
 Toothache
 Sore Throat



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The list below should help summarize some of the research discussed above.

- Eating fresh or dried leaves: Used to treat bad breath.
- Inhaling essential oils: May improve brain function and cold symptoms.
- Applying it to the skin: Used to reduce nipple pain from breastfeeding.
- Taking capsules with food: May help treat IBS and indigestion.

The Anti' s:

Antioxidant
 Anti-Inflammatory
 Antibacterial



Multiple studies show that menthol has no decongestant function. That being said, research also shows that menthol can subjectively improve nasal breathing.

Tips for Consuming

- You can find spearmint leaves at the herb store. While shopping, choose the one that has bright green color with great spearmint scent. Moreover, avoid the leaves which have the bad appearance like wilted, yellow and floral leaves.
- After that, wash the leaves thoroughly in running water, then store it in the small container and put it in the refrigerator or stored in a cool place away from sunlight.
- For the tips, you can add the chopped or ground spearmint leaves to your favorite salad. Also, mix the leaves with yogurt and cumin is a great idea, too.
- As spearmint leaves have the great aroma, it becomes a great one to be the flavoring agent in ice creams, cakes, jams, and jelly.
- Last, consuming spearmint leaves is safe for their intended use. However, if you face the skin rash, headache, or dizziness after you eat these leaves, you can consult your doctor for sure.



Caution

Generally Safe.