

THERAPEUTIC ESSENTIAL OILS

EOs ~ Nature's 1st Aid Pharmacy

PEPPERMINT: (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Medical researchers have observed interesting effects: Jean Valnet MD, studied peppermint's beneficial effect on the liver and respiratory systems. Alan Hirsch MD, studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. Other scientists have researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy.

For Digestive Support & Cooking:

1. To relieve indigestion, flatulence and diarrhea: Rub 4-6 drops-Peppermint EO in your palm. Rub over stomach and around the navel.
2. To aid digestion and/or relieve heartburn: Add a drop-Peppermint EO to herb teas.
3. To help curb the appetite, lessen an impulse to overeat: Inhale the fragrance of Peppermint EO.
4. To stop bad breath: Place a drop-Peppermint EO on the tongue.
5. To stop hiccups: Apply a drop-Peppermint EO on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
6. Add minute amounts of Peppermint EO as a food flavoring and preservative. Use a toothpick dipped into the bottle and then swirled (to taste) into your beverages, sauces, baked goods, homemade candies & ice creams.
7. Place 1 drop-Peppermint EO in a cup of hot water and enjoy in place of coffee.
8. Drink a drop of Peppermint EO mixed in a glass of cold water to cool off on a hot day.

For First-Aid & Personal Well-being:

9. To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
10. Rub Peppermint EO on joints to relieve arthritis or tendonitis pain.
11. Mix Peppermint EO in a footbath to relieve sore feet. Keep water agitated while soaking feet.
12. To reduce a fever: Rub several drops-Peppermint EO on the bottoms of the feet.
13. Massage several drops-Peppermint EO on the abdomen to relieve nausea.
14. Rub 4 drops-Peppermint EO on chest and stomach to relieve travel sickness.
15. To relieve nasal/sinus congestion: Place a drop-Peppermint EO in the palm of your hands or on the tongue (it's intense), inhale into the nasal cavity and mouth, hold breath for a few seconds while the EO permeates the area.
16. Apply Peppermint EO immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If the skin is broken, apply the Peppermint EO around (not on) the open wound.
17. Massage several drops-Peppermint EO on the area of injury to reduce inflammation.

For Mental Acuity:

18. Inhale Peppermint EO, before and during a workout, to boost your mood and reduce fatigue.
19. Place two drops-Peppermint EO on the tongue. Rub another drop under the nose to improve alertness and concentration.
20. Diffuse Peppermint EO in the room, while studying, to improve concentration. Then inhale Peppermint EO, while taking a test, to improve recall and accuracy.

For Itching, Poison Ivy-Oak & Insects:

21. To relieve itching: Apply a drop-Peppermint EO topically on unbroken skin.
22. For poison ivy or poison oak: Apply Peppermint EO on location or dilute with Almond oil or V-6 Massage oil.
23. Remove ticks by applying a drop-Peppermint EO on a cotton swab and swabbing the tick. Wait for it to un-hinge its head. Remove it from your pet.
24. To deter rats, mice, ants or cockroaches: Place 2 drops-Peppermint EO on a cotton ball. Place along the path or point of entry for these pests.

For Home & Garden:

25. To kill aphids: Add 4-5 drops-Peppermint EO to 4 ounces of water. Spray the plants.
26. Mix a 15ml bottle-Peppermint EO into a 5 gallon can of paint to dispel the fumes.

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If you want to know more:

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