



## **PEPPERMINT** *(menthe x piperita)*

### **Common Uses**

Peppermint is excellent for the digestive system. It increases the flow of bile and relaxes the muscles. It is a valuable treatment for colic, cramps, gas and Irritable Bowel Syndrome. Peppermint leaves can be applied to the skin to relieve pain. Some herbalists use peppermint to relieve headaches and migraines. Clinical studies and long-term experiments have shown that menthol (a key constituent in peppermint) helps dissolve gallstones without the need for surgery.

### **Precautions**

Never take essential oil internally. Infants and small children should not ingest peppermint or inhale peppermint vapor. Not for long term use.

### **Common Dosage:**

**Tea:** Make a tea using 1-2 tsp of dried peppermint in 8oz. hot water three or four times daily

**Tincture:** 30 – 45 drops (appx. one dropper-full or one teaspoon) three times daily.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

