**PEPPERMINT USES**

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Now a bit on peppermint oil:  Pleasantly suitable for an abundance of oral and topical uses and antimicrobial properties, peppermint may be the most versatile essential oil in the world along with lavender. Literally, there are few body, health, and mind issues that it cannot help.

Peppermint essential oil gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically. It also has antimicrobial properties so it can help freshen bad breath and soothe digestive issues.

Peppermint is a hybrid species of spearmint and water mint (Mentha aquatica). The essential oils are gathered by steam distillation of the fresh aerial parts of the flowering plant. The most active ingredients include menthol (35–45%) and menthone (10–30%).

Clinically speaking, peppermint oil is recommended for its anti-nausea benefits and soothing effects on the gastric lining and colon because of its ability to reduce muscle spasms.

Not only is peppermint one of the oldest European herbs used for medicinal purposes, other historical accounts date its use to ancient Chinese and Japanese folk medicine. It’s also mentioned in Greek mythology the nymph Mentha was transformed into an herb by Pluto who had fallen in love with her and wanted people to appreciate her for years to come.

The health benefits of peppermint oil as well as peppermint oil uses have been documented back to 1,000 BC and have been found in several Egyptian pyramids.

**Peppermint Oil Benefits**

Some of the most common peppermint oil uses include:

* Reduces stomach aches
* Soothe digestive issues
* Freshens bad breath
* Relieves headaches
* Antimicrobial properties
* Improves mental focus
* Clears respiratory tract
* Boosts energy
* Releases tight muscles
* Cost-effective natural solution to replace pharmaceutical drugs

I cannot honestly think of one reason why anyone on the planet would choose not to have peppermint oil in his or her medicine cabinet at home!