Peppermint (*Mentha piperita*)

**Botanical Family:** Lamiaceae or Labiatae (mint)

**Plant Origin:** North America, Mediterranean area, Great Britain

**Extraction Method:** Steam distilled from leaves and stems.

**Key Constituents:**
- Menthol (34-44%)
- Menthone (12-20%)
- Menthofurane (4-9%)
- 1.8 Cineol (Eucalyptol) (2-5%)
- Pulegone (2-5%)
- Menthol Acetate (4-10%)

**ORAC:** 37,300 μTE/100g

**Historical Data:** Reputed to be part of the "Marseilles Vinegar" or "Four Thieves Vinegar" used by grave-robbing bandits to protect themselves during the 15th century plague. A highly regarded digestive stimulant. Jean Valnet, M.D., used peppermint to treat liver and respiratory diseases.

**Medical Properties:** Anti-inflammatory, antitumoral, antiparasitic (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain-reliever, curbs appetite

**USES:** Rheumatism/arthritis, respiratory infections (pneumonia, tuberculosis, etc), obesity, viral infections (Herpes simplex, herpes zoster,
cold sores, human papilloma virus etc.), fungal infections/Candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis), scoliosis/lumbago/back problems

**Fragrant Influence:** Purifying and stimulating to the conscious mind. Dr. William N. Dember of the University of Cincinnati found that inhaling peppermint oil increased mental accuracy by 28 percent. Alan Hirsch, M.D. researched peppermint's stimulation of the brain's satiety center (ventromedial nucleus of the hypothalamus) to curb appetite. When inhaled, it improves/restores sense of taste by stimulating the trigeminal nerve. University of Kiel researchers found that peppermint blocked headache pain in a double-blind placebocontrolled cross-over study.

**Application:** Dilute 1 part EO with 2 parts VO; (1) apply 1-2 drops on location, abdomen, temples (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

To improve concentration, alertness, and memory, place 1-2 drops on the tongue. Inhale 5-10 times a day to curb appetite.

Cautions: Avoid contact with eyes, mucus membranes, sensitive skin, or fresh wounds or burns. Do not apply to infants younger than 18 months of age.

**Found In:** Aroma Siez, AromaGuard Mountain Mint Deodorant, BLM Powder, CinnaMint Lip Balm, Clarity, ComforTone, CortiStopWoman's, Dentarome Toothpaste, Dentarome Plus Toothpaste, Dentarome Ultra Toothpaste, Di-Gize, Digest & Cleanse Softgels, Essentialzyme, Essentialzyme, KidScents Mightyzymes, KidScents Toothpaste, MGrain, Mineral Essence, Mister, Morning Start Bar Soap, Morning Start Bath & Shower Gel, NeuroGen, Ortho Ease Massage Oil, Ortho Sport Massage Oil, PanAway, Peppermint-Cedarwood Bar Soap, Polyzyme, ProGen, R.C., Raven, Regenolone, Relaxation Massage Oil, Relieve It, Satin Facial Scrub-Mint, SclarEssence, TheraBurn, ThermaMist, Thieves Lozenges (hard), Thieves Lozenges (soft), Thyromin, and Transformation.

**Selected Research:**

• Schuhmacher A, Reichling J, Schnitzler P. Virucidal effect of peppermint oil on the enveloped viruses herpes simplex virus type 1 and type 2 in vitro. Phytomedicine. 2003; 10(6-7):504-10.