Peppermint *(Mentha piperita)*

Soothing to the entire system, particularly the digestive tract. Reduces inflammation in damaged tissues and is a natural analgesic. Dr. Dembar of the University of Cincinnati discovered in a research study that inhaling peppermint oil increased the mental accuracy of the students tested by up to 28%. Most Valuable Uses: Headaches, nausea and vomiting, fatigue, apathy, coughs, digestive problems, bowel disorders, flatulence, muscular pain, sinus congestion, shock, faintness, travel sickness, mouth or gum infections, mental tiredness, pain, poor circulation, arthritis, candida, fevers, morning sickness, migraine headaches, nerve regeneration, tuberculosis, prostate problems. Peppermint is soothing is small amounts and strongly stimulating in larger amounts.

Ingredient In: LeAspire, LeAsthma, LeBalance, LeBreezey, LeCrystal Clear, LeCypernium, LeDeeper, LeEz-Traveler, LeInside-Out, LeMy-graine, LePaine, LeTenda Care, LeWake-up

Therapeutic Properties: Tonic, cytophylactic, anti-infectious, antiseptic, decongestant, antibiotic, anti-fungal, anti-depressant, anti-toxic, aphrodisiac, astringent, calmative, nervine, anti-inflammatory, to the nerves and the prostate

Application: Apply to appropriate areas on the feet, directly on areas of concern

Aromatic: Refreshing, energizing, stimulating, uplifting

Contra-indications: Can cause skin irritation, use extreme caution in the bath (Caution when trying in the tub); Peppermint is very strong and the toxin dump can be quite severe; use extreme caution if pregnant or when using with small children. Placing one drop of Peppermint under the tongue and breathing past has been known to stop asthma attack or clear the nasal passages and sinus cavities

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