

## QUICK REFERENCE SHEET

# PEPPERMINT

*Mentha piperita*



Part Utilized:  
Leaf



### PROPERTIES:

Carminative, Antispasmodic, Analgesic,  
Stimulates bile production, Antiseptic,  
Antibacterial

### SYSTEMS AFFECTED:

Digestive (bowels, gallbladder), Nerves,  
Muscular, Skin

### POSSIBLE USES:

clear the voice for singing (or breathing),  
cramps, gas, diarrhea, spastic colon, muscle  
pain, headaches, migraines, fever

### INGREDIENT IN:

CC, COLA, FV, HD, NVC

### GENERAL INFORMATION:

Peppermint is a wonderful tonic for the digestive system because it increases the flow of digestive juices and bile and is relaxing to the intestinal tract. Peppermint tea (or even tincture) reduces colic, cramps, and gas, and helps to soothe an irritated bowel. In soothing the lining and muscles of the colon, it helps diarrhea and relieves a spastic colon (often the cause of constipation).

Peppermint relieves pain and reduces sensitivity. Taken internally, it can also relieve headaches and migraines that are linked to digestive weakness or stress.

Like many stimulants that are also analgesic, they are relaxing in small quantities but can be overly stimulating in large quantities. Peppermint leaves are very sensitive to heat. When making them into a tea, the leaves should never be boiled. The most potent Peppermint tea that I have ever made was made with fresh leaves and lukewarm water. It had very little color, lots of aroma, and kept the poor man who drank it up nearly all night instead of relaxing him into slumber. Obviously, the volatile essential oils were still intact and we had never managed that with a cup of tea before.