Peppermint Peppermint oil stimulates the mind, increasing the ability to focus. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Oddly, inhaling peppermint oil can also curb the appetite. Peppermint is like a rush of fresh energy into the system. It allows us to relax instead of letting anxiety build up in our body or mind. Peppermint oil is specific for people who move between highs and lows. Peppermint is renowned for action on the digestive system and for use in bowel disorders.

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