

Peppermint Oil

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"Peppermint (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. This plant is grown and distilled at the Young Living Farms." -betterliving.younglivingworld.com
How to Use - Diffuse. Massage on the stomach or add to water or tea for supporting normal digestion. Apply to bottom of feet to cool off on a hot day. Rub on temples for a calming effect, or place several drops on the tongue as an invigorating pick-me-up. A wonderful flavoring and preservative. Avoid contact with eyes, mucous membranes, or sensitive skin areas. Do not apply neat to a fresh wound or burn." -betterliving.younglivingworld.com