

# Peppermint...More than just good breath!

## More than just a minty breath!

Peppermint can do more than give you good breath. It can also be used to soothe an upset stomach or aid digestion!



## Indigestion

Peppermint calms the stomach muscles and improves the flow of bile (something your body uses to digest fats). Thus, food passes through the stomach more quickly.



**\*\*Precaution:** if your symptoms of indigestion are related to GERD (gastroesophageal reflux disease) you should NOT use peppermint. Peppermint can relax the sphincter between the stomach and esophagus allowing stomach acids to flow back into the esophagus. This may make the symptoms of heartburn or indigestion even worse.

## Irritable Bowel Syndrome (IBS)

Several studies have shown that enteric coated peppermint capsules help treat symptoms of IBS – pain, bloating, gas, diarrhea. These capsules keep peppermint oil from releasing into the stomach which may cause heartburn and indigestion. In one study, of the people who took enteric coated peppermint capsules, **75%** had a significant reduction in IBS symptoms.



## Colds and Flu

Peppermint and its main active ingredient, **menthol**, are effective decongestants. Since menthol thins mucous, it can help loosen phlegm and break up coughs. It is soothing and calming for sore throats and dry coughs as well.

## How to take Peppermint

**Tea:** Steep 1 tsp dried peppermint leaves in 1 cup boiling water for 10 minutes. Drink 4-5x per day between meals.

**Enteric coated capsules:** 1-2 capsules (0.2ml peppermint oil) 2-3x per day for IBS.

**Do not give peppermint to an infant or small child.**

Sources:

University of Maryland Medical Center. (2013). Peppermint. Retrieved from <http://umm.edu>