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Peppermint Oil



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Peppermint Oil: An Overview

Peppermint Oil Background and Origin

Peppermint Oil is derived from the peppermint plant -- a cross between water mint and spearmint -- that thrives in Europe and North America. Peppermint oil is commonly used as flavoring in foods and beverages, and as a fragrance in soaps and cosmetics. It is also used for a variety of health conditions, and can be taken orally in dietary supplements or topically as a skin cream or ointment.

Some evidence suggests that peppermint oil may help relieve symptoms of irritable bowel syndrome and indigestion.

Composition and Characteristics:

Peppermint has a high menthol content. The oil also contains menthone and menthyl esters, particularly menthyl acetate.

Dried peppermint typically has 0.3-0.4% of volatile oil containing menthol (7-48%), menthone (20-46%), menthyl acetate (3-10%), menthofuran (1-17%) and 1, 8- cineol (3-6%). Peppermint oil also contains small amounts of many additional compounds including limonene, pulegone, and pinene.

Peppermint oil has a high concentration of natural pesticides, mainly pulegone (Found mainly in *Mentha arvensis*) and menthone.

The chemical composition of the essential oil from peppermint was analyzed by GC/FID and GC-MS. The main constituents were menthol (40.7%) and menthone (23.4%). Further components were (+/-)-menthyl acetate, 1, 8-cineole, limonene, beta-pinene and beta-caryophyllene

Eve Hansen's Peppermint Oil

Peppermint Essential Oil (*Mentha Arvensis*) – Therapeutic Grade – 100% pure steam distilled oil – nothing added or taken away.



'Energizing, Invigorating, Stimulating, and Cooling Essential Oil. A few drops in a glass of water boosts energy levels and keeps you healthy. The best natural remedy for headaches, stress, and anxiety. Beneficial to entire digestive system – combats indigestion, nausea, heartburn, and IBS. Peppermint oil steam treatment relieves nasal congestion caused by colds, moistens and cleanses the sinus. Also great for household uses as refreshing minty smell conceals unpleasant odors and keeps mice, spiders, and ants away.'

A Word of Caution:

Keep out of reach of children. Avoid contact with eyes and while pregnant. Peppermint oil is highly concentrated so it is important to use with care. Always dilute before any use other than aromatherapy.

Peppermint Oil: Health Benefits

Overview

The health benefits of peppermint oil include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms, as well as pain relief. Due to the presence of menthol, menthone and menthyl esters, peppermint and peppermint oil find wide applications in the manufacturing of soap, shampoo, toothpaste, chewing gum, tea and ice cream.





Peppermint is a cross between water-mint and spearmint and is native to Europe. Historically, the herb has been known for its medicinal uses, and its impressively long history often gives it the prestigious title as the world's oldest medicine.

Unlike many other herbs and essential oils, numerous health benefits of peppermint and peppermint oil have been studied and proven by the scientific community. As a result, peppermint oil is also sold in the form of capsules and tablets, and is even prescribed by doctors of alternative and modern medicine.

Peppermint oil can also be used as a flavoring agent. You will find very few people who find peppermint unsuitable to their palate. Peppermint oil contains numerous minerals and nutrients including manganese, iron, magnesium, calcium, folate, potassium, and copper. It also contains omega-3 fatty acids, Vitamin A and Vitamin C.

Various uses for Peppermint Oil

Let's take a look at the different ways you can take full advantage of your Eve Hansen's Peppermint Oil Purchase:

1. Use Peppermint Oil to Treat Indigestion

Peppermint oil is very helpful as an aid for digestion. People often put a few drops of peppermint oil in a glass of water and drink it after their meal for its beneficial digestive properties.

It is carminative and therefore helps in removing excess gas. Peppermint oil is also a good tonic for those who have a low appetite, and it helps treating motion sickness, nausea and upset stomachs. Preliminary research has proved that peppermint oil, when combined with caraway oil can be used for treating heartburn.

Peppermint oil can relax the smooth muscles of the GI tract, which is why it is so commonly a component of "over-the-counter" medications.



A number of studies have also shown it to be a great reliever of Irritable Bowel Syndrome (IBS), which affects millions of people every year.

- Massage several drops on your abdomen, place a drop on wrists, or inhale to soothe motion sickness or general nausea.
- Drinking mint tea has long been the antidote to an upset stomach.
- Inhaling peppermint oil is also said to help curb appetite by triggering a sense of fullness.

2. Use of Peppermint Oil for Dental Care

Peppermint oil, due to its antiseptic properties, is very useful in dental care. It eliminates bad breath and helps the teeth and gums fight off hazardous germs.

Unsurprisingly, these attributes mean that peppermint oil is added to numerous toothpastes, and it is also been shown to be useful in the treatment of toothaches.

At times, the inhalation of peppermint oil vapor can be anti-inflammatory and pain relieving, so it can even be added to postoperative oxygen, particularly after oral surgeries.

3. Use of Peppermint Oil for Nail Care

The antifungal properties of peppermint oil are well studied, and there is significant research that shows peppermint oil, when topically applied, can reduce the chances of fungal nail infection, which affects many people around the world.

4. Use of Peppermint Oil to Treat Headache & Nausea

Peppermint oil is a good home remedy for nausea and headaches. To quickly alleviate the pain of a headache, simply apply peppermint oil in a diluted form directly on the forehead.

Inhaling peppermint oil can eliminate the effects of nausea and motion sickness, simply because of its relaxing and soothing effects.



Its cooling and anti-inflammatory properties are part of the reason why it is so successful at relieving headache symptoms, and it is even used to reduce the pain of migraines in certain patients within 15 minutes of topical application.

With a small amount of almond or another carrier oil and a drop of peppermint oil, rub on your temples, forehead, over the sinuses (avoid contact with eyes), and on the back of the neck to help soothe headache and relieve pressure. When applied topically, peppermint oil leaves a soothing, cooling sensation that tends to work wonders.

- **Headache Balm**

Headaches are extremely common ailments with numerous possible causes, ranging from nervous tension, lack of sleep and eye strain through to food allergy, structural misalignment, muscular spasm at the base of the neck, constipation, inhalation of toxic fumes, and so on.

For the occasional tension headache, a touch of the following balm usually brings speedy relief. However, persistent headaches, especially of the migraine type, should be investigated by your doctor.

You will need:

20g unperfumed skin cream
8 drops pure peppermint essential oil

- Put the cream into a clean glass pot, add the essential oil and stir well with the handle of a teaspoon.
- Apply a small amount to the temples and back of the neck. The balm gradually loses its piercing quality, and thus its potency, depending on how often the product is exposed to the air. So ensure that the jar has a tightly fitting lid and use within 6 weeks.

5. Use of Peppermint Oil to Reduce Stress

Like most other essential oils, peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature.



It is also effective against anxiety and restlessness. Furthermore, it stimulates mental activity, clears the mind, and increases focus on cognitive tasks.

- For stress relief, the combination of peppermint, lavender and geranium essential oils added to a warm bath help relieve stiffness while absorbed through the skin.
- Try aromatherapy by using a candle lamp diffuser with essential oils.

6. Peppermint Oil to cure Respiratory System Problems

Menthol, which is abundantly present in peppermint oil, helps to clear the respiratory tract. It is also an effective expectorant and therefore provides instantaneous, though temporary, relief for numerous respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold and cough.

As a result, it is used in numerous cold rubs and balms. When these cold rubs are applied to the chest, they can quickly relieve nasal and respiratory congestion.

In one study, the use of peppermint oil proved to be antispasmodic, expectorant, and anti-inflammatory in nature, and considerably soothed the trachea inflammation and coughing in rats. Obviously, more human-based studies need to be made, but it has been a frequent part of alternative medicine for generations, and is highly respected for its use in relieving respiratory issues.

7. Peppermint Oil to Improve Blood Circulation

The stimulating effects of peppermint oil have been shown to increase blood circulation. Studies have shown that as soon as the essential oil vapor touches the end of the olfactory nerve endings, there is an almost instant increase in pulse rate and blood circulation. The stimulating effect of increased blood circulation helps to oxygenate the body's organs and increase metabolism, as well as oxygenate the brain.

This leads to higher cognitive function and protection against neurodegenerative diseases like Alzheimer's and dementia. Furthermore, increased blood circulation can prevent diabetic patients from complications they are already at risk of due to their glucose level imbalances.



8. Use of Peppermint Oil for Hair Care

Peppermint oil is very useful for hair care as it gives a cooling effect to the head, while removing dandruff and lice. Peppermint oil has antiseptic, regenerative, and stimulating effects, which means that it can relieve the scalp of irritation and dry skin, stimulate hair growth for those suffering from baldness, and give relatively healthy hair a shiny, fresh look. This is why peppermint oil can be found in many hair products and alternative solutions for baldness, dandruff, and other hair-related conditions. Increasing blood circulation to the scalp can also promote healthy hair growth.

9. Use of Peppermint Oil for Skin Care

Peppermint oil contains menthol, which is good for the skin because it creates a cooling sensation. Furthermore, it nourishes dull skin and improves the texture of oily or greasy skin.

It is also believed that peppermint oil is useful in the treatment of cancer and tuberculosis, although more research needs to be done in these areas. Furthermore, peppermint oil has been a part of some preliminary studies as an antiviral agent that can reduce the chances of herpes infections and recurrent outbreaks.

Peppermint blends well with various other essential oils including eucalyptus, rosemary, lemon, marjoram. Because of this, many aromatherapists and herbalists commonly use peppermint oil in their medicinal or aromatic combinations.

There are also some risks in using too much peppermint oil, including allergic reaction, heartburn, and headaches. Therefore, it is always recommended to read directions, indications, and product warning labels.

10. Use of Peppermint Oil to Increase Immunity

Peppermint oil can increase a person's immunity to various diseases and is commonly employed by those people with weak immune systems or who seem to frequently suffer from an illness.

Peppermint oil is also known to have powerful antiviral, antibacterial, and antifungal effects, which is why it is used in so many alternative treatments. It is composed of



camphor, menthol, and carvacrol, which are resistant to certain dangerous bacterial strains like E. coli, salmonella, and staph infections. The full range of resistance to bacteria is not quite known yet, but studies continue all the time.

11. Use of Peppermint Oil to Cure Pain Relief

Peppermint oil can be used externally in order to provide relief from pain. It is believed that the presence of calcium antagonism in peppermint oil helps remove pain from affected areas. It is also cooling in nature and is subsequently used to help reduce fever. It is frequently called a “refrigerant”, meaning that it can provide an intensely cold sensation to any affected area. In case of injury, wound, or healing process, topically apply peppermint oil to the area to reduce swelling, relieve pain, and eliminate the chances of uncomfortable inflammation. Remember to dilute oil for any use other than aromatherapy.

12. Use of Peppermint Oil to Treat Urinary Tract Infection

Peppermint oil can be used to treat urinary tract infections (UTI). Although it is traditionally used, formal scientific research is still underway to understand the details of this specific attribute. Peppermint oil has a wealth of antibacterial qualities, which may be the underlying reason why it can reduce the effects and frequency of urinary tract infections in alternative applications.

13. Use of Peppermint Oil to Cure Cold & Congestion

Menthol provides effective relief from many respiratory problems including nasal congestion, sinusitis, asthma, bronchitis and the common cold and cough. It is often included as an ingredient in natural chest rubs to help with congestion.

- Massage 2-3 drops (along with a carrier oil) onto chest or drop into a humidifier to help clear sinus and lung congestion.
- If your head is feeling stuffed or you can't stop coughing, try a peppermint essential oil steam.
- Pour boiling water into a metal or glass bowl, and add a few drops of essential oil (eucalyptus and rosemary are good combinations with peppermint). Drape a towel over your head and position your face 10-12 inches above the bowl and breathe in the steam.



14. Use of Peppermint Oil to Improve Energy Levels

Peppermint oil powerfully affects and improves mental clarity and raises energy levels. If you're trying to cut back on caffeine, this may be a blessing to your mid-afternoon lull.

- Rub a drop of oil under the nose to help improve concentration and alertness.
- Diffuse Peppermint oil in the room to improve concentration and accuracy.
- Apply to the back of the neck and shoulders repeatedly to keep energy levels up during the day.
- Inhale before and during a workout to help boost your mood and reduce fatigue.

Peppermint Oil: Miscellaneous Uses and Benefits:

1. Muscle Pain Relief - Peppermint essential oil is a very effective natural painkiller and muscle relaxant. It is especially helpful in soothing an aching back, sore muscles, and melting away a tension headache. - A study shows that peppermint oil applied topically can help relieve pain associated with Fibromyalgia and Myofascial Pain Syndrome. - The study found that peppermint oil, eucalyptus, menthol, capsaicin and other herbal preparations may be helpful.
2. Sinus Care - Inhaling diffused peppermint oil can oftentimes immediately unclog your sinuses and offer relief to scratchy throats. - Peppermint acts as an expectorant and may provide relief for colds, cough, sinusitis, asthma, and bronchitis.
3. Joint Therapy - When your joints get achy, applying some pure peppermint oil mixed with lavender oil can cool muscles like an ice bath, but help you to stay warm and dry.
4. Allergy Relief - Peppermint oil is highly effective at relaxing muscles in your nasal passages and can help clear out the muck and pollen during allergy season. Diffusing peppermint along with clove oil and eucalyptus oil can also reduce allergy symptoms



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5. Reduce Hunger Craving - Inhaling peppermint essential oil can help you feel full faster. If you can't have a diffuser with you at dinnertime, try applying a couple drops on your temples or chest, or take a couple of deep sniffs from the bottle.
6. Improve Your Shampoo - Add 2-3 drops of peppermint essential oil to your regular morning shampoo and conditioner to stimulate the scalp, energize your mind, and wake up! - Because it is a powerful antiseptic, peppermint can also help remove dandruff and lice. Try my homemade rosemary and peppermint shampoo, a safe and economical shampoo for you and your family.
7. Anti-Itch - Whether you're battling a rash or poison ivy, applying some peppermint oil mixed with lavender oil is certain to cool and soothe any itch.
8. Fever Reducer - Because of peppermint oil's cooling effects, it is an excellent natural treatment to bring down a fever - especially in children. Simply mix peppermint oil with coconut oil and rub it on a child's neck and on the bottom of their feet to help stabilize a fever instead of aspirin or other drugs.
9. Acne Treatment - According to medical studies peppermint has antimicrobial properties so it is an excellent ingredient to help cure acne naturally.
10. Sunburn Relief - Peppermint oil can hydrate burnt skin and relieve the pain from sunburns. You can mix peppermint oil with a bit of coconut oil and apply it directly to the affected area, or make my natural homemade sunburn spray to relief pain and support healthy skin renewal.
11. IBS Treatment - Peppermint oil taken internally in capsule form has been proven to be effective at naturally treating IBS (irritable bowel syndrome). One study found a 50% reduction in IBS symptoms with 75% of patients who used it.
12. Teething - Peppermint oil is a great natural remedy to relieve the pain associated with teething in infants. Simply mix peppermint oil with coconut oil at a 1:1 ratio and rub on the gum area.



Peppermint Oil: Dosing

Before taking peppermint oil, discuss the risks and benefits with your healthcare provider.

Some supplements can interact with medicine. Interactions can be harmful or make medications not work as they should. Be cautious about combining peppermint oil with certain drugs because it may inhibit the body's ability to metabolize the drugs and increase the risk of side effects.

According to the Natural Medicines Comprehensive Database, there is a moderate risk in combining peppermint oil with the immunosuppressant drug cyclosporine (Neoral, Sandimmune) and many different medications that are changed and broken down by the liver.



Eve Hansen's Peppermint Oil is one of the best natural healing products for your family



As this guide shows, Peppermint Oil offers you a wide variety of treatments for everyday health issues. This amazing oil is one of the best products to have in your medicine chest. Use these suggested treatments, and any time you have a health issue that you think Peppermint Oil can help, give it a try. Just make sure you stay safe by reading the safety warnings on the product and you should see great results. Enjoy using your Peppermint Oil!

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