



# Peppermint Oil

This is one of the ingredients in the Pocket First Aid Kit that offers a multitude of uses. It's most popular as a breath freshener (going to the root of the problem by aiding digestion and destroying bacteria in the mouth). Also used for coughs, sinus, upset stomach, gas, and more.

## **The Many Uses of 100% Pure Peppermint Essential Oil**

This is a pure essential oil, not synthetic. Therefore a drop goes a long way!

**Asthma** - At the first sign of an asthma attack, brew a cup of peppermint tea using 1-2 drops to a cup of hot water. Then mix several drops of Peppermint Oil with a carrier oil and rub it on the chest. It can be used without the carrier oil if needed.

**Breath Freshener** - place on tongue or rub on teeth (reduces plaque buildup)

**Carpet Freshener** - Mix 1/2 cup of baking soda and 5 drops of Peppermint Oil. Put in a shaker jar and you've got a natural, chemical-free, carpet freshener. Peppermint Oil will 'perk' your brain, so you might even enjoy vacuuming the carpet more!

**Coffee Substitute** - put a couple of drops in a cup of hot water to enjoy instead of coffee

**Colds/Flu** - helps with fever, chills and vomiting

**Digestion** - stimulates salivary glands and bile production, relieves gas

**Dizziness/Fainting** - smell the open bottle and place some under the nose to inhale

**Drowsiness** - place a drop in your palm, rub with other palm, and cup hands over your face and breathe deep through your nose - perks the brain!

Fever - breathe in aroma of it and also make as a tea

Gallbladder - can bring some relief if couple of drops are taken on tongue or brewed as tea; stimulates production of bile to digest fats

Gas - put a drop or two on the tongue and inhale it while it gets swallowed; can be rubbed into area where the gas pains are

Heart - strengthening to muscles, use for heart palpitations

Headaches - rub into forehead and back of neck, also take a few drops internally

Hot Flashes - breathe in the aroma of it for 3-5 minutes - you can feel it cooling you from the top down

Heartburn - put a drop or two on the tongue and inhale it while it gets swallowed

Insomnia - helps to relax, use as a bedtime tea

Motion Sickness/Nausea - place a drop on the tongue every 5 minutes till relieved

Nervous Problems - strengthens nerves, useful with convulsions and spasms in children

Pets - rub a drop or two into the paw to settle a nervous animal down, or for those who get carsick, apply prior to and during a trip.

Stomach Problems - stomach ache, cramps, hunger pangs

Throat - relieves tickling, scratchy and soreness

Peppermint Oil is one of three oils that make up the "Pocket First Aid Kit." It is very useful to carry in your purse or pocket.

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## PEPPERMINT OIL AND MOSQUITOES

Peppermint oil could be a new, cheap weapon in the fight against mosquito-borne diseases such as malaria, filariasis, dengue fever, and West Nile Virus. Researchers in India have found that the oil not only repels adult mosquitoes

but also kills the larvae.

A team led by Musharrah Ansari of the Malaria Research Centre and Padma Vasudevan of the Centre for Rural Development and Technology in Delhi extracted the oil from locally grown peppermint (*Mentha piperita*). The researchers tested the oil on the larvae of three mosquito species--*Aedes aegypti* (which carries dengue fever), *Anopheles stephensi* (malaria) and *Culex quinquefasciatus* (filariasis and West Nile virus).

They spread films of peppermint oil on the water in the trays housing the larvae. When the concentration of oil was 3 milliliters per square meter of water, all the *C. quinquefasciatus* larvae died within a day, along with 90 per cent of *A. aegypti* and 85 per cent of *A. stephensi*. Higher concentrations should kill all the larvae.

Volunteers doused in peppermint oil spent several nights outside as bait for mosquitoes. The protection offered varied slightly between the different mosquito species, but averaged around 85 per cent. It was particularly effective against *Anopheles culicifacies*, which is responsible for around three-quarters of malaria transmissions in the northern plains of India. This follows the discovery that compounds isolated from another member of the mint family, catnip, repel cockroaches (New Scientist, 28 August, p 22).

Christopher Curtis, a medical entomologist at the London School of Hygiene and tropical Medicine, welcomes the news. However, he cautions that the Indian team is using far more oil than would be needed to do the same job with a commercial insecticide: "You would need tons of leaves to treat all the breeding sites around a village," he says.

Source: Bioresource Technology (vol 71, p 267)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases.