

Peppermint

Botanical Name: *Mentha × piperita*

Family: Lamiaceae

Energetics: Cooling, aromatic

Taste: Minty, pungent, cooling

Actions: Digestive aid, carminative, antispasmodic, antimicrobial, respiratory support

Overview

Peppermint is a cooling, aromatic herb used to support digestion, relieve nausea, ease spasms, and promote respiratory comfort. It is commonly used in teas, tinctures, and essential oils.

Uses

Internal Uses

- Relieves digestive discomfort and bloating
- Antispasmodic for intestinal or muscular cramps
- Supports respiratory system and clears nasal passages
- Mild antimicrobial effects

External Uses

- Infused oils or balms for headache relief
 - Aromatherapy for mental clarity and respiratory ease
-

Medication Interactions

- May interact with antacids, acid reflux medications, or anticoagulants
 - Caution with children and infants due to menthol content
-

Contraindications

- Pregnancy: safe in moderate culinary doses
 - Children under 6: avoid concentrated forms
 - Gastroesophageal reflux: may exacerbate symptoms
-



Caution & Safety

- Avoid high doses of concentrated forms internally
 - Monitor for allergic reactions or skin sensitivity externally
-



Herbal Pairings

Blends Well With

- Chamomile (digestive and calming synergy)
- Lemon Balm (nervine support)
- Ginger (digestive support)

Avoid Combining With

- Antacids or acid reflux medications without supervision
-



Possible Side Effects

- Heartburn or reflux in sensitive individuals
 - Skin irritation if applied undiluted
 - Rare allergic reactions
-



Forms & Dosage

Tea / Infusion

- 1–2 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 1–2 mL, 1–2 times daily

External / Infused Oil

- Apply topically as needed, dilute for sensitive skin
 - Aromatherapy: a few drops in diffuser
-

Notes

Peppermint is a versatile herb ideal for digestive support, respiratory comfort, and mild antispasmodic effects. Use teas, tinctures, or external applications with appropriate caution.

For educational purposes only; not intended to diagnose, treat, or cure any condition.

© HomesteadGardener.ca | @YourHomesteadGardener