

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



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

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