

Mint



Mint Leaf Benefits

Mint is a popular flavoring in many recipes and beverages. It is also beneficial to one's health and wellness as an herbal supplement. Mentha (better known as mint, from the greek word Mínthā) is a genus of plants in the family Lamiaceae,- species Mentha spicata.

Mint has many positive properties that can treat a host of issues in the human body. People have become very creative in harvesting its leaves and finding many ways to use this helpful herb. Whether a sprig of mint is added to a drink, the leaves are chewed, or its used in other forms, it should be a standard in any kitchen.

Habitat

Originating in Europe, mint has now been naturalized in North America. It can be found throughout the United States and Canada. Many people choose to grow their own mint in their gardens, green houses, and in the home. Mint also grows naturally near streams, creeks, rivers, and other damp places.

Health Benefits

Digestive Remedy

Mint has many benefits when consumed as a supplement. It **aids the digestive system** as it boosts action in the salivary glands, soothes the stomach during bouts of indigestion, and can provide **relief for nausea** as well. It can be taken in various forms, such as in oil form as a few drops are ingested or in a mint tea to produce fast, effective results.

Soothe Headaches

Many a victim of headaches has found relief by applying a mint balm to the forehead. It is especially effective in treating the throbbing pain that is accompanied by a sinus headache when rubbed around the nose and temples. The scent is soothing as well as the **anti-inflammatory properties** of the herb.

Colds & Flu

While there is no magical cure for the cold and flu, mint has proven to be beneficial in alleviating the congestion that accompanies many respiratory problems. People suffering from the unwelcome symptoms that come with bronchitis, the flu, and any issue with the respiratory tract can often have their airways cleared by the powerful aroma of mint. Mint is an alternative ingredient in inhalers, providing a **cooling effect that reduces inflammation** and soothes as well. It can be **useful for those who suffer from asthma** and may help them to manage their condition.

Fatigue and Depression

When feeling down or exhausted, mint can act as a **stimulant**. It can be taken in many different forms, whether balms and essential oils are rubbed on the skin, in a vapor mist, or capsule form. Even a mint cup of tea can give a person a pick-me-up in a time of need.

Natural Weight Loss

Mint acts as a **stimulant for the digestive system**, kicking enzymes into action and promoting optimal functioning of the body's metabolism. Less fat is stored and more calories are burned by the simple addition of mint to one's diet. When combined with more physical activity and wise eating choices, it can make it easier to maintain an ideal body weight.

Memory Enhancer

Mint has been linked to **better cognitive functioning** with aging. It would appear its ability to be a stimulant also benefits mental processes. It seems taking mint on a regular basis can assist a person in remaining mentally sharp and holding on to memories at a time when they slip away with the natural aging process.

Skin Treatment

Mint is beneficial as a skin treatment. The oils can be applied to the skin and also mint juice. Mint is a powerful yet gentle cleanser that is effective in **clearing up acne** and ridding the skin of bacteria that leads to infection. It also provides **relief from irritations** on the skin caused by rashes, stings, and scratches.

Mint oil benefits

In traditional herbalism, practitioners may use mint to:

- kill germs
- stop itching
- relieve pain
- prevent or reduce vomiting
- help the body eliminate mucus
- reduce muscle spasms
- reduce [flatulence](#)
- promote sweating
- boost blood circulation

Here are the mint oil benefits that have the strongest scientific evidence behind them:

Reduces irritable bowel syndrome symptoms

Most of the research into peppermint oil has looked at its impact on digestive conditions, particularly [irritable bowel syndrome \(IBS\)](#).

According to the [NCCIH](#), there is some evidence to suggest that enteric-coated, diluted peppermint oil can reduce the symptoms of IBS.

IBS is a chronic digestive condition that causes abdominal pain and frequent bouts of [diarrhea](#), [constipation](#), or both. A comprehensive [review of studies](#) from over a 50-year period found that enteric-coated peppermint capsules were a safe and effective treatment option for IBS pain.

[Researchers Trusted Source](#) believe that menthol, which is a component of peppermint oil, can reduce abdominal spasms by blocking the movement of [calcium](#) across the intestinal membrane.

Relieves indigestion

A review article in the journal [Alimentary Pharmacology and Therapeutics Trusted Source](#) found that a combination of enteric-coated peppermint oil and caraway oil could reduce [indigestion](#) in adults when compared with a placebo.

However, it is worth noting that peppermint oil can also cause heartburn and acid reflux. It is best to discuss persistent indigestion with a healthcare professional.

Eases nausea

The [NCCIH](#) say that there is not enough evidence to prove that peppermint oil can reduce nausea.

However, a [2020 randomized clinical trial](#) found that inhaling peppermint oil vapor through a nebulizer reduced the frequency, duration, and severity of nausea and vomiting in people recovering from heart surgery.

[Another study](#)[Trusted Source](#) found that inhaling peppermint essential oil did not have a significant effect on nausea and vomiting among pregnant people with [morning sickness](#). This seems to suggest that peppermint oil aromatherapy can work for some causes of nausea but not others.

People should not take pure essential oils orally to treat nausea.

[Peppermint essential oil is available for purchase online.](#)

Other possible benefits

A few studies suggest that peppermint oil may help with other things, such as:

- **Viruses:** A [2020 review](#) noted that peppermint has antiviral activity against viruses such as the [herpes](#) simplex viruses and [influenza](#) type A.
- **Infections:** Peppermint oil is antibacterial against some species of bacteria — including *Salmonella*, *Escherichia coli*, and *Staphylococcus aureus* — in laboratory tests.
- **Chronic itching:** A [2016 study](#)[Trusted Source](#) suggests that peppermint oil may provide safe and effective relief from chronic itching.
- **Athletic performance:** A small [2014 study](#)[Trusted Source](#) in 30 students suggests that peppermint oil may improve several measurements of athletic performance, such as jumping ability or grip strength.

