

Spearmint, Organic:Nepal(*Mentha spicata*)

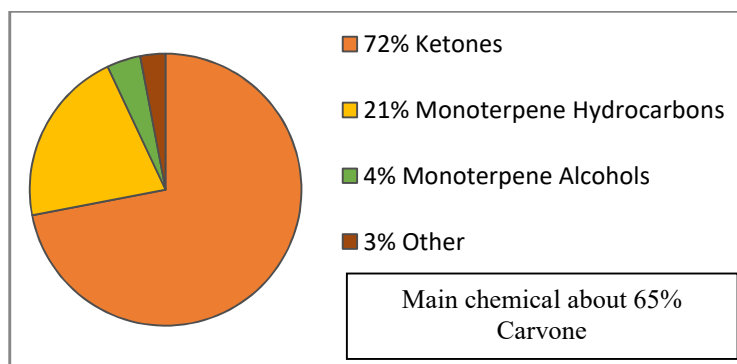
Spearmint was used anciently for centuries as a covering on the street to welcome triumphant gladiators. Therapeutically the leaves were chewed to relieve heartburn, stomach aches, fevers, and sore throats. The powdered leaves were often used to repel insects and rodents.

Spearmint is in the mint family but unlike Peppermint the therapeutic oil contains minimal amounts of menthol which is the main chemical in Peppermint. Spearmint is widely cultivated on large industrialized farms and the oil is extracted to be used mostly as a flavoring agent.

Primary Usage: Assists with respiratory problems (spasmodic coughs, colds, asthma, bronchitis, inflammation, flu, fevers, hiccups, chest pain, congestion, improves breathing), hypertension, and stimulates the nerves, muscles, and glandular system. Aids brain functions (uneasiness, restlessness, stress, insomnia, anxiety, depression) and is considered to be a good antiseptic (wounds, scabies, dermatitis), anti-fungal (Candida, athlete's foot), anti-viral (syphilis, gonorrhea), and anti-bacterial (infections).

Secondary Usage: Balances the metabolism, regulates circulation, eases muscle strains, and assists with intestinal issues (flatulence, indigestion, appetite, nausea, cramps, colic, sore gums, parasites, spasms). Beneficial for headaches and useful as an insect and varmint repellent.

Has been reported: Eases muscle pains and inflammation and assists to balance hormones (menstrual and menopausal symptoms, reduces lactation, eases labor).



Descriptor: Anesthetic, Antidepressant, Antiseptic, Antispasmodic, Astringent, Carminative, Decongestant, Digestive, Diuretic, Expectorant, Insecticide, Stimulant, Stomachic

Application: Apply topically, inhale or diffuse.

Caution: Possible skin irritant. May need to dilute with a carrier oil.

Found In: DNA Release, Thyroid Support, Tummy Soothe

Influences: Promotes peace, happiness, and clarity. Assists to release emotion blocks.

Medicine Wheel: A Primary Wood and Secondary Fire

Blends Well With: Basil, Black Cumin, Chamomile, Cinnamon Bark, Clove Bud, Eucalyptus, Geranium, Ginger Root, Jasmine, Lavender, Lemon, Lemongrass, Myrrh, Myrtle, Nutmeg, Orange, Rosemary, Tea Tree

Recipes: For muscle pain add six drops of Spearmint to four drops each of Marjoram, Lemongrass, and Pine. Dilute with a carrier oil and apply on location.

For stomach pain add six drops of Spearmint to three drops of Ginger, and two drops each of Tarragon and Fennel. Dilute with a carrier oil and apply to the abdomen.