

# Benefits of Peppermint Essential Oil

Benefits and Uses of Peppermint Essential Oil include healing of the digestive tract, opens airways, increases energy levels, eliminates headaches, relieves muscle and joint pain, and even fights cancer.

Peppermint's formal name is *Mentha piperita*. It is a plant that is a cross between water mint and spearmint. It grows best in Europe and North America. Its use has been recorded in documents from ancient Greece, Rome and Egypt. But, it was only identified as a separate type of mint in the 1700s.

Peppermint oil is often used to flavor foods and beverages. It has a pleasant fragrance and is often used in soaps and cosmetics.

But, peppermint is also used as a herbal supplement and has been extensively researched. Peppermint oil is useful for such conditions as indigestion, inflammation, respiratory infections, irritable bowel syndrome, and headaches. For example, studies have shown that peppermint and spearmint oils help prevent [chemotherapy-induced nausea and vomiting](#).

The properties of peppermint oil depend on the chemical composition of the essential oil. It's the actual chemical compounds in an essential oil that produce the effects of the oil.

The actual composition of peppermint oil varies depending on environmental and processing conditions. [One study](#) examined several samples of peppermint essential oil and indicated that the major chemical components ranged as follows:

<u>Chemical Compound</u>	<u>Percent</u>
Menthone	15–32%
<u>Menthol</u>	33–60%
Isomenthone	2–8%
1,8-Cineol	5–13%
menthyl acetate	2-11%
menthofuran	1-10%
<u>limonene</u>	1-7%
β-myrcene	0.1-1.7%
β-caryophyllene	2-4%
pulegone	0.6-1.6%
carvone	1%

## Benefits of Peppermint Essential Oil

Learn more about the benefits and uses of peppermint essential oil in this video.

Hey guys, Dr. Axe here. Doctor of functional medicine and founder of Dr. Axe dot com. Today I'm going to talk to you about one of my favorite essential oils. And that's peppermint essential oil.

Peppermint oil benefits are incredible. And the uses for peppermint essential oil have been proven for thousands of years. Now I want to start with this, and this is going to surprise you I bet.

### Benefits and Uses of Peppermint Essential Oil

When I started looking into essential oils and their health benefits, I knew they were used throughout history for over 5,000 years. I knew they were beneficial, but I didn't know how many medical studies there would be on them. When I went into PubMed and started looking at the medical literature, I was shocked to find out, on peppermint oil alone, there are over 1,200 medical studies. So over a thousand medical studies

on this essential oil.

## **Benefits of Peppermint Essential Oil – Digestive Tract**

Proving that it helps heal your digestive tract, that it improves your breath, that it fights cancer, some incredible benefits there of this essential oil. And what makes peppermint oil so powerful is it contains a compound called menthol. And this compound has been shown to act as an analgesic on the body, reduce inflammation, and act as an antioxidant.

So I want to share with you some of the best ways to use peppermint oil. By the way, peppermint oil is one of the top two used essential oils in the United States today, along with lavender essential oil. But peppermint oil, one of the most common ways I use it as a natural breath freshener, and in my natural toothpaste recipe.

So what I do for my natural toothpaste is I mix coconut oil with baking soda, so equal parts. Let's say a tablespoon of each along with about 20 drops of peppermint oil. Mix that together and that's what I use for my natural toothpaste at home, using peppermint essential oil.

The other way I'll use peppermint essential oil is, this is kind of a natural mouthwash or breath freshener. Just I put one drop in water and drink it down. Freshens breath.

## **Benefits of Peppermint Essential Oil – Boosts Energy Levels**

Another way peppermint oil has been shown to benefit your health is by naturally boosting your energy levels. In fact, there is a recent medical study that found by just smelling peppermint oil it naturally increases your energy levels. So my wife actually carries this around in her purse with her. And before we go into a workout, sometimes we'll smell it.

I know a professor, and this is incredible as well, a professor who works with his students and he actually diffuses cedar wood oil and peppermint oil during his classroom because cedar wood oil has been shown to help ADHD symptoms and improve focus. Peppermint oil improves his energy and concentration. And so he actually diffuses this in his oil in his classroom to help his children focus while they're test taking. And so this is great for that reason as well.

Peppermint oil has also been shown in medical studies to help soothe irritable bowel syndrome and leaky gut-like issues. And so if you struggle with digestive issues, peppermint can really help soothe and cool your digestive tract. And just one to two drops and water taken daily is greatly beneficial. Or you can actually just put it right on your skin as well.

## **Benefits and Uses of Peppermint Essential Oil – Opens Airways**

Another great thing to use peppermint oil for is to open your Airways for both bronchitis, for allergies, for asthma. You can mix peppermint oil with eucalyptus oil and use it as a natural vapor rub.

So again, a tablespoon of coconut oil, five drops peppermint, five drops eucalyptus, rubbing that on the chest is a natural vapor rub. Helps open up the lungs and Airways. It's also great during allergy season. Whether you just put a drop under your tongue, or do it in water, or rub it again on your neck, it really helps open those sinus Airways and lung Airways, helping you breathe better.

Also it can help eliminate headaches. If you've got headaches, mixing three drops of lavender oil, three drops of peppermint oil on your hand, rubbing them on your neck area actually has been shown to naturally help relieve headaches.

## **Benefits of Peppermint Essential Oil – Sore Muscles and Joints**

Peppermint Essential Oil can be used if you're making your own at-home muscle, sort of a muscle rub. And so again, in your at-home muscle rub, peppermint oil is one of the best, along with frankincense as well. You get a little bit of, you can mix that with some coconut oil. So, you've got sore muscles or sore joints after a workout, or even arthritis, you can rub peppermint oil mixed with coconut oil right on the area and it can now to relieve pain.

I could go on and on and on. There are so, with over a thousand medical studies done in peppermint oil, we know it's greatly beneficial.

### **Free Ebook on Essential Oils**

And I wanted to offer you guys a gift. For a limited time only, on my website right now, I'm giving away a free e-book on essential oils. It's typically a \$25 value. Right now it's free. If you want to check out the e-book, just go to Dr. Axe dot comm and search essential oils. Any of my essential oil articles. We have that ebook attached there. Even if you go to Google right now. Just do a google search for "Dr. Axe peppermint oil", and if you look up Dr. Axe peppermint oil, in that article you'll find my free ebook. It's called the King's Medicine Cabinet. And I go through the best ways to use these essential oils for healing, including peppermint oil.

Hey guys, this has been Dr. Axe. I hope you start using peppermint oil to take your health to the next level. Thanks for taking the time to learn about the benefits and uses of peppermint essential oil.

For more info: <https://draxe.com/peppermint-oil-uses-benefits>