Peppermint Leaf - Loose Herb

DESCRIPTION

Cool, Bold, and Clearing

Dried peppermint leaf (*Mentha × piperita*) — the strongest, coolest of the mints, rich in menthol. One sip and you feel it: in your nose, your throat, and your belly.

Dried peppermint leaves have been found in Egyptian pyramids dating to 1000 BCE. The Greeks and Romans used it for the stomach; English herbalists grew it in their physic gardens in the 1700s for colic, nausea and headaches. It has been an after-dinner drink for so long because it simply works.

What science has found so far:

- A review of controlled trials found peppermint oil significantly eased the pain and bloating of irritable bowel syndrome compared with placebo. (Khanna et al., 2014)
- **Menthol** relaxes the smooth muscle of the gut and switches on the cold receptors in the nose — the cool, open-airway feeling of a cold remedy.

The Eastern view: Peppermint (*Bò He*, ??) is a classical Chinese herb: **pungent and cool**, entering the Lung and Liver. It disperses Wind-Heat at the start of a cold, clears the head and eyes, soothes a sore throat, and moves stuck Liver Qi — the tension that shows up as headaches, irritability and a knotted stomach. Ayurveda uses *pudina* to cool Pitta and kindle a sluggish digestion.

Ways to use it:

- **Tea** — 1–2 teaspoons in a cup of just-boiled water, covered, for 5–7 minutes. Strain and sip.
- **Cold & flu steam** — a handful in a bowl of hot water, towel over your head, breathe for 5 minutes.
- **Headache** — a strong cup, sipped slowly, with your eyes closed.
- **Iced** — brew double strength and chill; lovely with lemon and honey.

Ingredients: 100% dried peppermint leaf.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Peppermint relaxes the valve at the top of the stomach and can worsen heartburn and reflux.
- Not for babies and very young children — strong menthol near a small child's face can affect breathing.
- Use in normal, food-like amounts during pregnancy.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
