

Spearmint (Yerba buena) and
Peppermint

Botanical name: *Mentha spicata* and
Mentha x piperita

Energetics/Actions: Pungent, cool to
warm, dry, antispasmodic, antimicrobial,
carminative, analgesic, diaphoretic

Description

Spearmint and peppermint have similar
uses and are some of the most popular
herbs for use in teas and recipes. They
have a long history of use for digestive symptoms such as nausea, flatulence and stomach
cramps. It is thought that these mints work well for indigestion and gas because they relax the
esophageal sphincter. For this reason it's best to avoid mint if you suffer from heartburn. In the
Middle East women drink spearmint tea to decrease hair growth on the face, chest and
abdomen. Some studies show that drinking spearmint tea reduces testosterone levels and can
help balance hormones for women with PCOS. These mints also have antimicrobial properties.



Uses

Nausea: Soothing to the stomach, can be used in pregnancy.

Gas/bloating: Helpful to expel gas. *Good for IBS. *Spearmint is better than peppermint for
people with gas, bloating AND acid reflux.

Headache: dilute the essential oil (EO) in some vegetable oil (straight EO can cause a burning
sensation on the skin) and slowly massage into temples and along hairline on the forehead.

Repeat after 20 minutes as necessary.

Dose

Tea: 1 cup boiling water poured over 2 gm dried or fresh mint leaf taken 2-3 times a day.

Essential oil: For external use, dilute in vegetable oil before applying to skin.

Safety Information

Not for use in people with gallstones. Do not use the essential oil on infants or children.