



### **WHAT IS SAFE:** [From Medical News Today](#)

It can interact with medicines and is not advised for people with gastrointestinal problems. Anyone who already receives medication should talk to their doctor before using peppermint. Like other essential oils, peppermint essential oil should not be taken orally, must be in a prescribed pill form, and must be diluted with a carrier oil before applying to the skin. It is not recommended for people who:

- have diabetes, as it may increase the risk of hypoglycemia, or low blood sugar
- have a hiatus hernia.
- have gastroesophageal reflux disease (GERD)

Peppermint may interact with some drugs, including:

- cyclosporine, taken by transplant recipients to prevent organ rejection/li
- Pepcid and other drugs that reduce stomach acid
- diabetes drugs that lower blood sugar
- drugs for hypertension, or high blood pressure
- medications that are metabolized by the liver

It should not be used with antacids. This is because some peppermint supplements are in capsule form. Their coating may break down too rapidly if the patient is also taking an antacid, increasing the risk of heartburn.

Dr. Kligler and colleagues, writing in the American Family Physician, conclude that peppermint appears to be safe and effective in treating some symptoms of IBS, and that it can help relieve tension headaches. However, they advise against excessive use, because high doses could lead to poisoning.

There is no scientific evidence to confirm its efficacy or safety, but the University of Maryland Medical Center (UMM) notes that peppermint may kill some types of viruses, fungi, and bacteria.

Peppermint is a cross between two types of mints: water mint and spearmint. Ancient Greeks and Egyptians used mints, including peppermint, as medicine thousands of years ago. Peppermint can be eaten through fresh or dry leaves in food or as a tea. Peppermint oil on the other hand comes in capsules and liquids. You can apply it to your skin or take it by mouth through capsules. It's highly concentrated, so only use it in a diluted form or a few drops at a time and only use the recommended amount. It can be toxic to take a lot of the oil at once according to WebMed. Peppermint has many properties that some research has proven: 1. Has compounds that relax the tissues in animals' GI tracts. 2. Can ease stomach pain, but more proof research is needed before it can be recommend. 3, May help relieve nausea and vomiting from chemotherapy. 4 May help with irritable bowel syndrome like gas, stomach pain, constipation, and diarrhea. 5. The active ingredient in peppermint is menthol in some small studies show it can lessen the pain of migraine headaches. 6. Its antibacterial properties may also help get rid of the source of the smell from germs in your breath. 6. The menthol from peppermint can also make you feel that you can breathe more easily when you have a cold. 7. May help ease sleepiness during waking hours. 8. The menthol in peppermint can ease the intensity and shorten the length of period pain in some women. 9. Some studies show peppermint oil may make you feel less hungry.