



Spearmint (*Mentha Spicata*)

by
The Reformed Bohemian



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Spearmint (Mentha Spicata)

Spearmint is a cooling dry herb which can be used to freshen breath, relieve upset stomachs and can also keep ants and mosquitoes at bay.

About Spearmint

Spearmint is a cooling dry herb with a very distinctive taste and scent which is distinct from peppermint by the lack of a cooling sensation after chewing that is common with peppermint. Spearmint has very similar properties and uses to peppermint but is much milder and is therefore more suitable for use in remedies for children. It is wonderful to use for bladder and kidney infections due to its gentle diaphoretic and diuretic properties not to mention being great for calming nerves and upset stomachs.

Spearmint can be used in cosmetics and shampoo and can help to freshen the breath either by chewing the leaves or making an infusion and using it as a mouthwash. Spearmint can also be used to soothe insect bite and makes an effective insect repellent keeping mosquitoes and ants at bay

Spearmint can also be used as a mild decongestant for illnesses such as the common cold. Spearmint is often added to herbal remedies due to its pleasant taste.



Benefits of using Spearmint

Spearmint is a cooling dry herb that can be effective when used for a number of conditions.

Therapeutic action

Diaphoretic, Diuretic, Stimulant, Carminative, Anti-spasmodic, Aromatic, Nervine (sedative), Condiment, Nephritic and Anti-emetic.

Can be used for:

Colic, Flatulence, Dyspepsia, Spasms, Nausea, Vomiting, Urinary Problems, Haemorrhoids, Inflammation of Kidneys and Bladder, Calming Nerves and Stomach Conditions

- **Digestion**- Spearmint is a sedative herb with carminative properties and like its more commonly known counterpart Peppermint, Spearmint can be used to relieve stomach cramping, bloating and gas as well as relieving feelings of nausea, as it is slightly milder than Peppermint it can be preferred by children.
- **Urinary Tract Infections** - Spearmint can be effective in soothing bladder and kidney infections due to its diuretic and stimulant properties.
- **Calms Nerves** – Due to its sedative properties Spearmint is excellent in helping to calm nerves and help with feelings of anxiety and stress. freshen breath.



- **Nausea/Travel Sickness/Morning Sickness** – Spearmint is an anti-emetic which means it is effective in relieving feelings of nausea and can be effective as a travel sickness remedy.
- **Insect Repellent** - Spearmint is effective in keeping mosquitoes and ants at bay, it can also soothe insect bites.
- **Freshens Breath** - Spearmint can be chewed or gargled to help freshen breath.
- **Decongestant** - Spearmint is an effective decongestant due to its menthol properties.



Preparations

Spearmint can be taken in a number of forms such as fluid extract, infusion and tincture. However, boiling is not advised as the volatile oils, possessing most of the therapeutic value will dissipate into the air and the remaining fluid will not be as effective.

Dosages

The basic dosages are as follows:

- Tincture - $\frac{1}{2}$ - 1 teaspoon 3 times per day.
- Infusion - 1 tablespoon as needed.
- Powdered - 1 - 4 grams 2 - 3 times per day.
- Oil - 1 - 3 drops as needed.
- Fluid Extract - $\frac{1}{4}$ - 1 teaspoon 3 times per day.

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Digestion

- Drinking a warm infusion of Spearmint tea can be effective in relieving digestive issues particularly upset stomachs.

Tea - Drink 1 cup of warm Spearmint tea 3 times a day, smaller doses may be used if the stomach is particularly sensitive or for children, increasing as needed.

OR

Tincture - 1 teaspoon 3 times per day.

Urinary Tract Infections

- Drinking a cold infusion of Spearmint can help relieve kidney and bladder infections.

Drink 1 cup of cold Spearmint tea 3 times a day or as needed until infection clears.

OR

Tincture - 1 teaspoon 3 times per day.



Calms Nerves

- Drinking a warm infusion of Spearmint tea can be effective in calming frayed nerves and relieving stress and anxiety.

Tea - Drink 1 cup of warm Spearmint tea 3 times a day or as needed.

OR

Tincture - 1 teaspoon 3 times per day.

Nausea

- A warm infusion of Spearmint tea is effective at relieving nausea, travel sickness and morning sickness.

Tea - Drink 1 cup of warm Spearmint tea 3 times a day for as long as needed or as needed.

Or

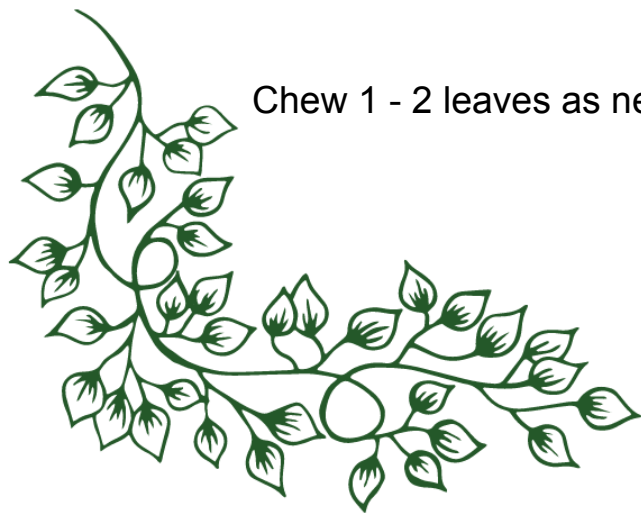
Tincture - Take 1 tea 3 times per day.

Breath freshener

- Gargling with a cold infusion of Spearmint tea can be used to freshen breath. Chewing a leaf of Spearmint will also freshen breath.

Make a warm infusion and allow it to cool, gargle as needed.

Chew 1 - 2 leaves as needed.



Washes/Poultices

Bites and Stings

- An infusion of Spearmint can be used as an effective antiseptic wash to clean and soothe bites and stings.

Using a cold infusion of Spearmint soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.



Cautions

As with all herbs there is the slight possibility of allergic reactions, although this is rare. Spearmint is generally considered safe to use.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at
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