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Lung Cleansing With Peppermint Oil

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Peppermint oil is a versatile, aromatic oil, widely used for various ailments including indigestion, headache, and muscle aches. Found in gum, mints, mouthwash, and many other products, peppermint oil is a powerful cleanser derived from the plant native to Europe, and has been popular with herbalists for centuries before current appreciation by the scientific and medical community.

Peppermint oil contains vitamins A and C, fatty acids, and minerals; but the main component is menthol, which provides the famous minty scent and cooling sensation. Organic peppermint oil is of specific benefit for lung and upper respiratory system cleansing and persons suffering from ailments related to it.

Peppermint for Respiratory Ailments

The expectorant action of peppermint oil can help clear symptoms of upper respiratory congestion that may stem from allergies, asthma, cold, flu, bronchitis, and the like. For this reason, it's often an ingredient in therapeutic lung cleansing balms that are rubbed on the chest. This allows for vapors to be almost directly inhaled through the nasal passages and cut through congestion. Unlike prescription medications and even certain OTC therapies, peppermint oil is not associated with drowsiness or other common adverse side effects.

Although inhaling peppermint oil often gets the most attention, it should also be mentioned that peppermint is high in many nutrients including phosphorus, magnesium, potassium, and calcium. These components are beneficial to the systems within our bodies. Illness often stems from the invasion of germs, microbes, toxins, and other maladies within our bodies. Providing a complete spectrum of nutrient bioavailability is paramount to ensuring our bodies are operating at peak harmony and strong enough to fight off invading organisms.

Research Shows Peppermint Can Benefit Lung Health and Respiratory Ailments

The Complementary and Traditional Medicine Unit in the Department of Family Medicine at Technion-Israel Institute of Technology in Israel investigated the clinical effects of aromatic essential oils in patients with upper respiratory tract infections. Working with 60 study participants, a spray solution of aromatic essential oils, including peppermint oil, was administered. It was concluded that the spray application brought immediate and significant improvement of upper respiratory ailment symptoms.

Research at Germany's University of Ulm Department of Otorhinolaryngology conducted a study to determine the impact inhaling peppermint-sourced menthol has on nasal temperature and obstruction. It should be noted that, although inhaling menthol produces a cooling sensation, researchers did not record any change in nasal temperature after inhalation of menthol. However, 16 of the 18 study participants reported improved nasal breathing after menthol inhalation.