PLANTS & HERBS

12 Reasons why You Should Grow Mint at Home & How to Do It

By bestfolkmedicine · 15/06/2018 · 3 min read



Mint is an herb known for its strong smell and a refreshing and pleasant taste. It also possesses cooling properties and it is therefore added to a lot of cosmetics like mouthwashes, toothpastes, ointments, and more. It is also included into a variety of meals with the goal to enhance their flavor, but it is also known for its unique healing properties too.

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The Best Health Benefits of Mint

Betters the oral health

The anti-inflammatory and antibacterial properties of mint will avert and eliminate bad bacteria in the oral cavity. Rub some fresh mint onto the gums and teeth and leave it to act for several minutes and then rinse off the mouth.

Enhances the mood

Aromatherapy with mint leaves will help you restore your energy levels and feel more refreshed, less anxious, and less stressed. This is because mint is known to elevate the body's serotonin levels. Baths with mint are also a good idea when you need proper relaxation after an intense day.

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Alleviates asthma

The rosmarinic acid in mint has powerful antioxidant characteristics and averts leukotrienes that are known to trigger allergies.

Beneficial in the treatment of cancer

According to a research, mind has a healing effect on colon, skin, liver, and lung cancer due to its abundance in phytochemicals which stop the blood supply of the tumors.

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Boosts the immunity

Phosphorus, vitamins B, calcium, and vitamins C, D, and E are known to strengthen the immune system and make you less prone to infections and common colds.

Encourage loss of weight

Mint has the capacity to stimulate the production of digestive enzymes and ease the food processing, resulting in weight loss. Therefore, add this herb to your daily diet if you plan to lose weight efficiently.

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Improves the digestive processes

If you suffer from indigestion, you definitely need mint because it is rich in phytonutrients and antioxidants which are good for the stomach. Its smell will trigger the salivary glands and alleviate

the digestive processes by increasing the secretion of enzymes that are known to avert spasms and relax the stomach.

Bring relief from nausea and headaches

Regular consumption of mint tea can help you reduce these issues. Or, rub some on your nose and forehead for immediate relief.

Reduce respiratory problems and coughing

The smell of mint will help you breathe better and speed up the healing processes during a cold or flu. Inhale some mint tea steam or opt for a cup of mint tea every day.

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Ceases hiccups

The next time you are having a hiccup, just drink some mint water. The menthol from the mint will solve the problem with the surplus air in the lungs and stomach that caused the hiccups.

Betters your memory

Aromatherapy with mint can improve your thinking and memorizing capacity. Go with a cup of mint tea on a daily basis.

Reduces breastfeeding problems

Tenderness, ache, and discomfort in the breasts are not uncommon in breastfeeding women. To alleviate these symptoms, gently massage the breasts with some mint leaves or mint tea.

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How to Grow Your Own Mint

You will need:

Water-retaining container (16 inches wide)

Quality soil

Mint leaves

Planting: Put the soil into the container and tuck in the mint leaves. Place the pot in a sunny area and water it daily. When the mint grows up to 6 inches, trim it so that it does not form a bush.

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