PLANTS & HERBS

How to Use Mint to Relieve IBS Symptoms

By bestfolkmedicine · 02/06/2022 · 2 min read



Peppermint is a plant that was derived from spearmint and water mint in the 70s. Grown in England for the first time, its medicinal characteristics weren't recognized for a long period of time.

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Today, it's grown globally and it's commonly consumed as a tea or in supplement form. But, mint isn't approved by the FDA for any treatment.

Peppermint & Its Use for Digestive Relief

Throughout history, peppermint tea has been consumed to alleviate digestive issues. It's praised for its ability to lower gas production in the intestines.

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Scientists today recognize it as a potential remedy for IBS in oil form.

Peppermint oil is actually approved in Germany for use by IBS patients. You can consume it in tea or capsule form, but as always, consult your doctor to find an adequate dosage for you.

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Take into account that in case you take lansoprazole for reduction of stomach acid, peppermint may compromise the coating of some peppermint oil capsules.

In case you're pregnant, don't take it because the effects aren't known.

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There is a lot of anecdotal evidence of peppermint and peppermint oil being helpful for the relief of IBS symptoms.

One study in 1998 found that peppermint oil may be beneficial in alleviating IBS. This find was confirmed in 2014 when a meta-analysis found peppermint oil to be a safe and effective, short-term therapy for IBS.

There were minimal side effects found and the most common one was heartburn.

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How to Use Peppermint Oil for IBS?

Essential oils can be inhaled, diffused in a room, or diluted and used as a massage oil. Oral consumption isn't recommended due to the risk of toxicity, burning, and possible allergies.

Never apply them directly onto the skin but always dilute them with a carrier oil. For internal use, supplements or tea are recommendable.

Here's how to make mint tea:

20 grams of peppermint

Water

Prep:

Bring the water to a boil and add the mint. Boil for a minute or two and then remove it from the heat. Cover the container and leave it like that for five minutes before straining it off.

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Consume it daily or when you have discomfort to alleviate the symptoms.

Sources:

NHS

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