



# Peppermint

EVERYTHING  
Herbal

by Cheryl Jabz

## PEPPERMINT HEALTH BENEFITS

*Nature's refreshing herb for  
body, mind & well-being*



### 1 DIGESTIVE SUPPORT

Peppermint helps relax the digestive tract, reducing bloating, gas, and cramping. It's commonly used for symptoms of Irritable Bowel Syndrome.



### 2 MENTAL CLARITY & ENERGY

The scent of peppermint can boost alertness, improve focus, and reduce mental fatigue—great for busy days.



### 3 NAUSEA RELIEF

Peppermint tea or inhaling its aroma can ease nausea, including motion sickness and mild stomach upset.



### 4 RESPIRATORY SUPPORT

Its natural menthol content helps open airways, making it useful for congestion and cold symptoms.



### 5 ORAL HEALTH

Peppermint has antibacterial properties that support fresh breath and healthy gums.



### 6 ANTI-INFLAMMATORY EFFECTS

Contains antioxidants that help reduce inflammation in the body.



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