



There are many holistic applications known to offer relief such as...

## The Benefits of Peppermint

### Mints:

- Helps to reduce upset stomach discomfort
- Freshens breath

### Essential oil:

- Inhale to boost energy/reduce fatigue
- Apply with a carrier oil directly on sore muscles add a heated rice pack to drive in the oil

### Chewing gum:

- Increases blood flow to the brain and helps with focus

### Tea:

- Can help alleviate tummy upset, spark energy and soothes tension



The information contained on this printed document is intended for educational purposes only and is not a substitute for advice, diagnosis or treatment by a licensed physician. It is not meant to cover all possible precautions, drug interactions, circumstances or adverse effects. You should seek prompt medical care for any health issues and consult your doctor before using alternative medicine or making a change to your regimen.



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