

MENTHA ARVENSIS – MINT



Mint (*Mentha arvensis*) is known in Hindi as Pudina and is the peppermint's smaller sister; it also belongs to the Lamiaceae (*Labiatae*) family. Mint leaves are very popular all across Central Asia, India and Europe. Mint is prepared as tea and it is known to be a delicious remedy for colds and digestive problems. Indians, in particular, were using mint teas as a remedy for colds, while in Europe during the Middle Ages mint was used to keep teeth white and shiny.

Nowadays the different mint varieties are popular used in herbal teas and essential oils, also due to their curative effects on body and soul. For example, mint tea is particularly indicated against indigestion and colds. Thanks to its analgesic and antispasmodic properties, it also helps calming down headaches and migraines.

The essential oil of wild mint is a great product and all of its components are useful. On the one hand it is used for the menthol production while the other components are used to produce the Japanese Mint Oil, also known as Tiger Balm.

Mint can ease breathing and relieves headache, joint pain and muscle tension. Peppermint oil has, however, a higher menthol content which can reach to 42%, so this adduced large pharmacological benefits. The peppermint oil consists as well of alcohols, flavonoids and tannins, which act antispasmodic on the organism, cooling, disinfectant and blood pressure stimulating.



The mint leaves can further stimulate the production of neurotransmitters, formed in the hippocampus and in the amygdala. Mental fatigue, memory and concentration problems can be, in some cases a consequence of insufficient production of these neurotransmitters. Mint leaves can thus produce positive psychological effect by stimulating and improving your attention and concentration skills, your work can then be more focused and efficient. Take care at night though, ingestion of mint before sleeping can cause difficulties for falling asleep.

PRODUCTION

Since 2001 *Mentha arvensis*, as well as other herbs, has been successfully cultivated at the “Land of the Medicine Buddha”, OneWorld’s own herb farm. The noble **Mint leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**.

Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Mint leaves of the highest quality as a true **LOHAS product**.

OUR PRODUCTS CONTAINING MINT

Mint leaves can be found in our following teas “**„Klar & Wach“**“, **„Ayurveda Power“**“, **„Morgenwunder“**“ and **„Leichter Leben“**“.

The raw leaves can also be purchased unmixed on request.