



LUXURY OF FREEDOM

## Benefits of Spearmint



Spearmint isn't just one of your favorite chewing gum flavors, it also has a wide range of health benefits. Continue on to uncover the health secrets of spearmint and a delicious recipe to try for yourself...

### Keep Germs Away

Spearmint's role in mouthwashes and toothpastes are not solely to keep your breath smelling good. The natural antibacterial and antimicrobial nature of menthol and other organic compounds in spearmint can help to protect your mouth and throat from infections. Furthermore, bad breath is actually called halitosis, which is caused by bacteria below the gums, so spearmint keeps you healthy and smelling great!

### Stay Balanced

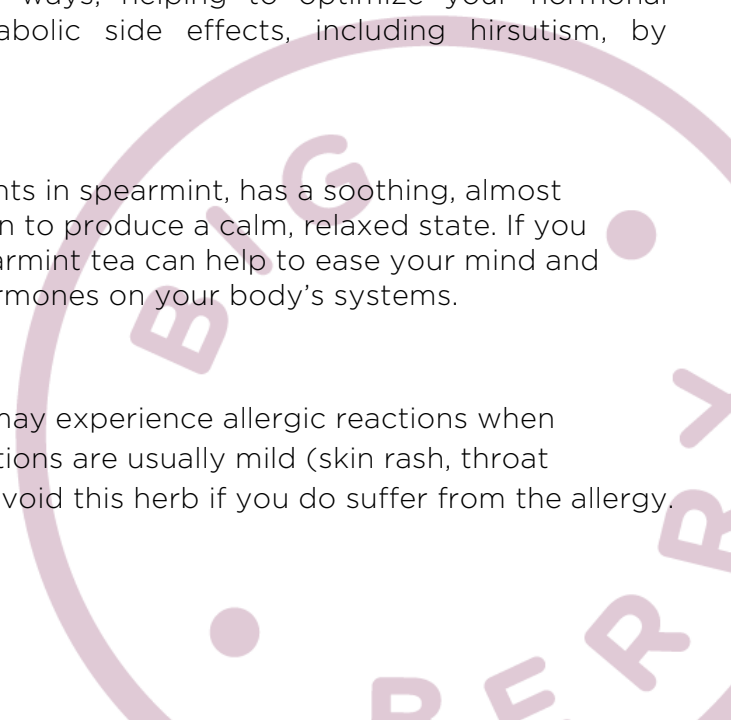
For those suffering from different forms of hormonal imbalance, spearmint has been shown to help manage or treat the condition. The powerful organic compounds in spearmint can inhibit and stimulate the endocrine system in different ways, helping to optimize your hormonal balance and preventing the complicated metabolic side effects, including hirsutism, by reducing excessive testosterone levels in females.

### Chill Out

Menthol, one of the most powerful active ingredients in spearmint, has a soothing, almost sedative effect on the body, which has been known to produce a calm, relaxed state. If you suffer from chronic stress or anxiety, a cup of spearmint tea can help to ease your mind and eliminate the negative effects of chronic stress hormones on your body's systems.

### Warning!

Some individuals are highly sensitive to mint and may experience allergic reactions when touching or consuming the herb. While these reactions are usually mild (skin rash, throat irritation, headache, or dizziness) it is still best to avoid this herb if you do suffer from the allergy.





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Below we offer a tasty way to gain all the health benefits of the Spearmint herb. Enjoy it tonight with this recipe!

### Mint Chimichurri Sauce

Ingredients:

- 2 cloves garlic, chopped (about 2 teaspoons)
- 1 cup fresh mint (spearmint) leaves, packed
- 1 cup fresh Italian parsley leaves, packed
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon red pepper flakes
- 6 Tbsp olive oil
- 2 Tbsp red wine vinegar

1. Place garlic in the bowl of a food processor and pulse several times until chopped. Add the mint and parsley leaves and pulse until finely chopped. (Alternatively chop everything finely by hand.) Remove to a medium bowl.

2. Add the vinegar, salt, and red pepper flakes to the mint parsley mixture and stir until the salt has dissolved. Stir in the olive oil.

Will keep for several days in the refrigerator. Perfect to serve with lamb or steak!

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