

peppermint sage dental wellness

Peppermint Sage Dental Wellness: A Natural Approach to a Healthier Smile

Are you tired of harsh chemicals in your mouthwash and toothpaste? Do you crave a more natural approach to dental wellness that's both effective and gentle? Then you've come to the right place! This comprehensive guide explores the surprising benefits of peppermint and sage for your oral health, revealing how this powerful duo can contribute to a brighter, healthier smile. We'll delve into the science behind their effectiveness, explore practical ways to incorporate them into your daily routine, and address common questions about their use. Get ready to discover the refreshing and revitalizing world of peppermint sage dental wellness!

Understanding the Power of Peppermint for Oral Health

Peppermint (*Mentha × piperita*) has been a prized herb for centuries, renowned not just for its invigorating aroma but also for its impressive medicinal properties. When it comes to dental wellness, peppermint offers several key advantages:

Antibacterial Properties: Peppermint oil contains menthol and other compounds with potent antibacterial actions. These effectively combat the bacteria responsible for plaque buildup, gingivitis (gum inflammation), and bad breath (halitosis). This makes peppermint a natural ally in preventing cavities and maintaining healthy gums.

Anti-inflammatory Effects: The anti-inflammatory properties of peppermint can soothe irritated gums and reduce the discomfort associated with gingivitis and other gum diseases. This soothing effect contributes to a more comfortable and pleasant oral experience.

Pain Relief: Peppermint's menthol content has a numbing effect, providing temporary relief from toothaches and other oral pain. While not a cure, it can be a valuable tool for managing discomfort until professional dental care is sought.

Fresh Breath: Perhaps peppermint's most well-known benefit is its ability to freshen breath. Its invigorating scent masks unpleasant odors and leaves your mouth feeling clean and refreshed.

Exploring the Oral Health Benefits of Sage

Sage (*Salvia officinalis*) is another remarkable herb with a history of medicinal use, particularly for its antiseptic and anti-inflammatory qualities. Its role in dental wellness is equally impressive:

Anti-inflammatory and Antibacterial Actions: Like peppermint, sage boasts impressive antibacterial and anti-inflammatory effects. It contains compounds that combat oral bacteria, reducing plaque formation and inflammation in the gums.

Wound Healing: Sage's ability to promote wound healing makes it beneficial for minor oral injuries such as cuts or sores. Its application can accelerate healing and reduce discomfort.

Antioxidant Properties: Sage is rich in antioxidants, which help protect your gums and teeth from damage caused by free radicals. This protective action contributes to long-term oral health.

Strengthening Gums: Some studies suggest that sage may help strengthen gum tissue, improving overall gum health and reducing the risk of periodontal disease.

Combining Peppermint and Sage for Synergistic Dental Wellness

The combined use of peppermint and sage offers a synergistic effect, amplifying their individual benefits. The antibacterial power of both herbs works in tandem to create a more effective defense against oral bacteria. Their combined anti-inflammatory properties offer enhanced relief from gum inflammation and discomfort.

Practical Ways to Incorporate Peppermint and Sage into Your Dental Routine

You can easily integrate peppermint and sage into your daily dental wellness routine in several ways:

DIY Mouthwash: Combine a few drops of peppermint and sage essential oils with water or a carrier oil like coconut oil to create a natural mouthwash. Rinse your mouth thoroughly after brushing. (Always dilute essential oils properly before use).

Herbal Tea Rinse: Steep peppermint and sage tea and use it as a mouth rinse after brushing. The tannins in the tea can further help tighten gums.

Peppermint and Sage Toothpaste: Many natural toothpaste brands incorporate peppermint and sage extracts. Look for products that prioritize natural ingredients and avoid harsh chemicals.

Essential Oil Diffuser: Diffusing peppermint and sage essential oils in your bathroom can create a refreshing and therapeutic environment during your oral hygiene routine.

Precautions and Considerations

While generally safe, it's crucial to remember:

Essential Oil Dilution: Always dilute essential oils before applying them directly to the mouth. Undiluted essential oils can cause irritation or allergic reactions.

Allergies: If you have allergies to mint or sage, avoid using these herbs.

Professional Dental Care: Natural remedies should complement, not replace, regular professional dental care. Continue to visit your dentist for checkups and cleanings.

Conclusion

Peppermint and sage offer a natural and effective approach to enhancing your dental wellness. Their combined antibacterial, anti-inflammatory, and pain-relieving properties can contribute to a healthier, brighter smile. By incorporating these herbs into your daily routine, you can take a proactive step towards improving your oral health naturally. Remember to always prioritize regular dental checkups and consult with a dental professional for any concerns regarding your oral health.

FAQs

Q1: Can I swallow peppermint and sage mouthwash? A1: No, it's not recommended to swallow mouthwash, even natural ones. Spit it out after rinsing.

Q2: Are there any potential side effects of using peppermint and sage for dental wellness? A2: While generally safe, some individuals might experience mild irritation or allergic reactions. If you experience any discomfort, discontinue use.

Q3: How often should I use peppermint and sage for optimal dental benefits? A3: Aim for at least once daily, ideally after brushing your teeth.

Q4: Can peppermint and sage treat existing gum disease? A4: While they can help manage symptoms and prevent further progression, they cannot cure existing gum disease. Professional dental treatment is crucial.

Q5: Where can I find high-quality peppermint and sage essential oils? A5: Look for reputable suppliers that offer certified organic and therapeutic-grade essential oils. Check for third-party testing certifications to ensure purity and quality.

peppermint sage dental wellness: *Dental Herbalism* Leslie M. Alexander, Linda A.

Straub-Bruce, 2014-06-30 A comprehensive practical reference to herbal dental care for all ages • Details the use of 41 safe and effective herbs for the mouth • Explores 47 common conditions that affect the mouth, such as gingivitis, periodontitis, acid reflux, and tooth loss • Provides recipes for herbal toothpastes, mouth rinses, pain-relieving poultices, and teas for prevention and daily care • Examines infant and toddler oral care, including remedies for teething and thrush Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort. The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including fluoride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush. Ideal for those looking to

improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.

peppermint sage dental wellness: Holistic Dental Care Nadine Artemis, 2013-10-08 The essential guide to integrative dental health—safe, effective, and toxin-free steps to all-natural oral care and a vibrant, healthy smile Bestselling author Nadine Artemis reveals the 8 steps to successful self-dentistry Holistic Dental Care introduces simple, at-home dental techniques that anyone can do. With more than 50 full-color photos and illustrations, this book offers oral self-care strategies to address every dental concern—from everyday maintenance to bite and alignment, gum health to heavy metal detox. Bestselling author Nadine Artemis also shares the 8 Steps to Successful Self-Dentistry, 8 holistic oral care guidelines. You'll also learn: The truth about toothpaste, toothbrushes, and mouthwash All-natural techniques for keeping your teeth healthy, clean, and strong Proper flossing for healthy gums What questions to ask your dentist—and when it's time to find a new one Pure, organic ways to prevent plaque, decay, inflammation, and bleeding gums The connection between tooth health and alkaline diets Offering an integrative approach to treat the real cause of your dental concerns—not just the symptoms—Holistic Dental Care helps bring your entire being back into balance and whole-body health, starting with all-natural biological dentistry and chemical-free oral care.

peppermint sage dental wellness: Complete Wellness Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

peppermint sage dental wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

peppermint sage dental wellness: Healthy at Home Tieraona Low Dog, M.D., 2014-01-14 Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that

when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

peppermint sage dental wellness: *Clinical Aromatherapy - E-Book* Jane Buckle, 2014-11-14 Enhance patient care with the help of aromatherapy! *Clinical Aromatherapy: Essential Oils in Healthcare* is the first and only peer-reviewed clinical aromatherapy book in the world and features a foreword by Dr. Oz. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. This clinical text is the must-have resource for learning how to effectively incorporate aromatherapy into clinical practice. This new third edition takes a holistic approach as it examines key facts and topical issues in aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and more to ensure you are fully equipped to provide patients with the best complementary therapy available. Expert peer-reviewed information spans the entire book. All chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

peppermint sage dental wellness: *What to Expect when You're Expecting* Heidi Eisenberg Murkoff, Sharon Mazel, 2008-01-01 Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis.

peppermint sage dental wellness: *Maternal-Newborn Nursing* Robert Durham, Linda Chapman, 2013-10-15 A better way to learn maternal and newborn nursing! This unique presentation provides tightly focused maternal-newborn coverage in a highly structured text

peppermint sage dental wellness: *Renegade Beauty* Nadine Artemis, 2017-11-14 Rethink conventional notions of beauty and wellness, abandon established regimes and commercial products, and embrace your "renegade" beauty In this essential full-color guide, Nadine Artemis introduces readers to the concept of renegade beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis illuminates the energizing elements of sun, fresh air, water, the earth, and plants. This book is a comprehensive resource for anyone who wants to simplify their self-care routine, take their health into their own hands, and discover their own radiant beauty.

peppermint sage dental wellness: *Tea in Health and Disease Prevention* Victor R Preedy, Vinood Patel, 2024-09-14 While there is a nearly universal agreement that drinking tea can benefit health, information on the benefits or adverse effects of drinking tea is scattered, leaving definitive answers difficult to ascertain. *Tea in Health and Disease Prevention, Second Edition*, once again addresses this problem, bringing together all the latest and most relevant information on tea and its health effects into one comprehensive resource. This book covers compounds in black, green, and white teas and explores their health implications, first more generally, then in terms of specific

organ systems and diseases. With over 75% brand new content, this fully reorganized, updated edition covers a wider range of tea varieties and beneficial compounds found in tea, such as epigallocatechin gallate and antioxidants. Tea in Health and Disease Prevention, Second Edition, is an organized, efficient resource that will help readers find quick answers to questions and will help inspire further studies for those interested in tea research. This is a must-have reference for researchers in food science and nutrition, as well as nutritionists and dieticians. - Covers and compares features, benefits, and potential negative effects of the most important types of tea, including green, black, and white - Identifies therapeutic benefits of teas for new product development - Offers a one stop shop for research in this area, compiling both foundational and cutting-edge topics into one resource - Includes a dictionary of key terms, other health effects of tea or extracts, and a summary point section within each chapter for a quick reference

peppermint sage dental wellness: Geriatric Dentistry Paula K. Friedman, 2014-07-30

Geriatric Dentistry: Caring for Our Aging Population provides general practitioners, dental students, and auxiliary members of the dental team with a comprehensive, practical guide to oral healthcare for the aging population. Beginning with fundamental chapters on the psychological, environmental, and social aspects of aging, the book approaches patient care from a holistic point of view. Subsequent chapters show the importance of this information in a practical context by discussing how it affects office environment, decision-making and treatment planning, and the management and treatment of common geriatric oral conditions. Case studies and study questions are used to illustrate application of educational presentations to practice settings. Contributed by leaders in the field, Geriatric Dentistry will strengthen readers' understanding and clinical acumen in addressing this special population.

peppermint sage dental wellness: A Handbook of Native American Herbs Alma R.

Hutchens, 1992-11-10 The author of 'the bible on herbalism' returns with a portable guide on North American medicinal herbs—for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbage of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: • 125 of the most useful medicinal herbs found in North America, and their uses • How to create herbal remedies for common ailments • The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

peppermint sage dental wellness: Essential Oil Safety Robert Tisserand, Rodney Young,

2013-12-02 The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations. The only comprehensive text on the safety of essential oils The first review of essential oil/drug interactions Detailed essential oil constituent data not found in any other text Essential oil safety guidelines 400 essential oil profiles Five new chapters 305 new essential oil profiles, including Cedarwood, Clary sage, Lavender, Rose, Sandalwood, Tea tree 79 new constituent profiles Five new chapters: the respiratory system, the cardiovascular system, the urinary system, the digestive system, the nervous system. Significantly expanded text

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where disease cannot thrive, thus enabling the body to cure itself of disease--P. [4] of cover.

peppermint sage dental wellness: The Lost Book of Herbal Remedies Nicole Apelian, Claude Davis, Sr., 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful relieving extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

peppermint sage dental wellness: Prescription for Cooking and Rx Dietary Wellness Phyllis A. Balch, James F. Balch, 1992

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peppermint sage dental wellness: Secrets of Self-Healing Maoshing Ni, 2008 East meets West in this extraordinary guide to natural healing by a prominent doctor of Chinese medicine and the author of Secrets of Longevity. Dr. Mao's philosophy is simple: We all have a built-in healing ability, so why not try to activate it with natural means before we resort to drugs and invasive procedures? For the common cold, why not exploit the power of garlic, ginger, and the herb astragalus instead of taking cold medicine that simply replaces symptoms with side effects? For insomnia, why not try to find a long-term solution through acupuncture or feng shui instead of popping sleeping pills, which don't treat the source of the problem? Chinese medicine sees well-being as a result of a balanced life, not just a healthy body. In Part One of Secrets of Self-Healing, Dr. Mao explains that healing food and herbs, exercise, a positive emotional life, a suitable living environment, and spiritual growth are all essential to vitality and lasting health. Using examples of his own patients' experiences, he demonstrates: - How negative emotions can make us ill - How clutter in our homes can create imbalances in our bodies - How Eastern and Western medicine can work together to fight cancer Then, in Part Two, he reveals detailed home remedies for seventy common ailments, such as sore throat, allergies, high blood pressure, sunburn, insomnia, memory loss, and jet lag. Inspirational yet practical, Secrets of Self-Healing will put readers on the path to a balanced and healthy life.

peppermint sage dental wellness: How to Prevent Autism Dara Berger, 2017-07-04 The statistics are alarming and become more so every year. The Centers for Disease Control and Prevention estimates that 1 in 68 children have been identified with an autism spectrum disorder, making it one of the fastest growing developmental disorders in the United States. Further, the CDC estimates that parents with a child on the autism spectrum can have nearly a 20 percent chance of having a second child with autism. In How to Prevent Autism, Dara Berger shares her personal journey with autism. She describes everything that went wrong with her son that led to an autism diagnosis and everything she did differently to prevent her daughter from suffering the same fate. She interviews eight well-known ASD experts--including doctors, nutritionists, nurses, and

scientists--about the factors that have led to the growing epidemic of autism. Based on the best practices for preventing autism in children, each professional offers perspectives grounded in their own research and their patients' improvements. The book covers every detail--from the importance of mothers' cleaning out their bodies preconception, through common genetic mutations that may put children at risk, to the crucial role of nutrition in prevention. All parents agree that every choice counts when it comes to the health of their children. As Dara Berger makes clear in this personal, informative, and authoritative book, the stakes could not be higher when it comes to autism.

peppermint sage dental wellness: The Whole Pet Diet Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, THE WHOLE PET DIET offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

peppermint sage dental wellness: Veterinary Herbal Medicine Susan G. Wynn, Barbara Fougere, 2006-11-29 This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

peppermint sage dental wellness: Medicinal Plants of South Asia Muhammad Asif Hanif, Haq Nawaz, Muhammad Mumtaz Khan, Hugh J. Byrne, 2019-09-14 Medicinal Plants of South Asia: Novel Sources for Drug Discovery provides a comprehensive review of medicinal plants of this region, highlighting chemical components of high potential and applying the latest technology to reveal the underlying chemistry and active components of traditionally used medicinal plants. Drawing on the vast experience of its expert editors and authors, the book provides a contemporary guide source on these novel chemical structures, thus making it a useful resource for medicinal chemists, phytochemists, pharmaceutical scientists and everyone involved in the use, sales, discovery and development of drugs from natural sources. - Provides comprehensive reviews of 50 medicinal plants and their key properties - Examines the background and botany of each source before going on to discuss underlying phytochemistry and chemical compositions - Links phytochemical properties with pharmacological activities - Supports data with extensive laboratory studies of traditional medicines

peppermint sage dental wellness: Golden Rules for Vibrant Health in Body, Mind, and Spirit Joseph J. Sweere, 2004 Sickness makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy life to its fullest. This expansive book of commonsense rules for a healthy life offers practical information and tools for health-conscious people who are not in optimal health but wish to be.

peppermint sage dental wellness: Living Vegan For Dummies Alexandra Jamieson, 2009-11-24 The fun and easy way® to live a vegan lifestyle Are you thinking about becoming a vegan? Already a practicing vegan? More than 3 million Americans currently live a vegan lifestyle,

and that number is growing. *Living Vegan For Dummies* is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life. This friendly, practical guide explains the types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire. Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children's choices With the tips and advice in *Living Vegan For Dummies*, you can truly live and enjoy a vegan way of life!

peppermint sage dental wellness: The Wellness Mama Cookbook Katie Wells, 2016-12-27 A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in *The Wellness Mama Cookbook* will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

peppermint sage dental wellness: The Complete Book of Juicing, Revised and Updated Michael T. Murray, N.D., 2013-12-31 With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, *The Complete Book of Juicing* is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

peppermint sage dental wellness: Fundamentals of Foods, Nutrition and Diet Therapy Sumati R. Mudambi, 2007 This Book Has Consistently Been Used By Students Studying The First Course In Food Science And Nutrition. In Several Universities, Diet Therapy Topics Have Been Added In The Curricula Of This Course. Therefore, Diet Therapy Has Been Added In This Revision, With A Hope Of Meeting The Changing Needs Of The Readers In This Area. The Revised Edition Incorporates Various Other Subjects, Which Are More Or Less Related To The Useful Subjects, Like Nursing, Education, Art, Social Sciences, Home Science, Medical And Paramedical Sciences, Agriculture, Community Health, Environmental Health And Pediatrics Etc. The Book Is Intended To Be An Ideal Textbook Encompassing The Following Aspects: * Introduction To The Study Of Nutrition * Nutrients And Energy * Foods * Meal Planning And Management * Diet Therapy Various Modifications Have Been Done Along With Clear Illustrations, Charts and Tables For A Visualised Practical Knowledge. Every Chapter Is Presented In A Beautiful Style With An Understandable Approach. Abbreviations Of All Terms Are Given. Glossary Is Also Available At The End For Clear Understanding. Appendices, Food Exchange Lists, Recommended Dietary Allowances For Indians

And Food Composition Tables Have Also Been Included. So Many Other Useful Informations Are Given, Regarding The Food And Dietary Habits According To The Age And Height Of Males/Females. We Hope This Textbook Would Fulfil The Goal Of Serving The Cause In An Appropriate Manner Nutrition For A Disease-Free Society.

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peppermint sage dental wellness: Essential Oils Mozaniel Santana de Oliveira, Sebastião Silva, Wanessa Almeida Da Costa, 2020-09-09 Essential oils have been used for centuries by communities all over the world in various areas and for various purposes. These include uses in medicine, flavoring, perfumery, cosmetics, insecticides, fungicides, and bactericides, among others. They are natural and biodegradable substances, generally nontoxic or with low toxicity to humans and other animals. Therefore, constant research in these areas represents an alternative for new and more efficient drugs with less side effects as well as obtaining new products and supplies. This book provides a comprehensive overview of the diverse applications of essential oils in a variety of human activities with a focus on the most important evidence-based developments in the various fields of knowledge.

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