**Allergies:** Mint plants contain an antioxidant and anti-inflammatory agent called rosmarinic acid. This has been studied for its effectiveness in relieving seasonal allergy symptoms, revealing a promising natural treatment

peppermint water may help prevent nipple cracks and nipple pain in first-time mothers who are breastfeeding

Common cold

Indigestion and gas

Pain relief

Skin

**Oral health:** Mint is a natural anti-microbial agent and breath freshener