

Peppermint Essential Oil Found To Relieve Headaches And Migraines

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Network for Wellness LLC, a business in New Buffalo, Michigan, has recently released their essential oils set, which includes peppermint essential oil. Recent research has uncovered that this oil in particular can help relieve headaches, including migraine headaches. In fact, it has been found that relief can come quickly, in just half an hour.

"We have been conditioned to take all sorts of chemical products whenever we have an ailment and it is no different with headaches," says Bridgette Swanson from Network for Wellness LLC. "However, research has now shown that headaches can be relieved just as quickly using peppermint essential oil, which is a 100% safe alternative."

Essential oils are pure plant extracts. Within plants, these oils help restore any breaks in the plant's tissue, as well as deliver both oxygen and nutrient to the plant itself. Furthermore, these oils protect the plants from viral and bacterial infections. They can do exactly the same for the human body, including serve as a remedy for a headache, if used properly.

Tiny molecules make up essential oils and each drop can contain as many as 40 million trillion different molecules. This is why the smell of essential oils is so strong and vibrant. It has long been known that scents can have very powerful effects on the body and memory. Very often, a scent is associated with a certain event or time period in a person's life. And, besides allowing people to reminisce, scents also have various healing properties.

However, essential oils are not just about the scent. While aromatherapy is an important part of natural healing, the effects the actual molecules of essential oils have on the body are also significant. "Applying just a few drops of peppermint essential oils to the soles of the feet can have an effect on every cell in the body in just 21 minutes," adds Bridgette Swanson. "This means that they also affect the brain, relieving pressure and ridding someone of a headache."

The aromatherapy essential oils kit offered by Network for Wellness contains six different oils, Eucalyptus, Lavender, Lemongrass, Orange, Peppermint, and TeaTree, each of which have fantastic healing properties.

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Network for Wellness LLC

Network for Wellness was created to provide cutting edge and classic products to our clients. Products from all of its divisions are chosen and formulated to aid people in keeping themselves and their toys healthy & youthful for as long as possible!

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