Mint Q & A

Frequently, my clients ask me how and when to avoid mint while they're using homeopathic remedies. If you've ever had minty questions, I hope you, too, will benefit from my thoughts on the matter.

Because some people are more sensitive to this refreshing herb than others, I like to recommend that you avoid it entirely, until you know for certain that mint isn't an antidote **for you**.

But let's get a little more specific with one recent question: "If I'm taking a dose once every 2 weeks indefinitely, do I need to stay away from mint the entire time?"

My answer is both "Yes" and "No".

If mint is an antidote for you then yes, avoid it; however, some people have no problem with it. If you're seeing improvement as a result of the remedy/ies, then try mint and see if it has an effect. If not, then go ahead and use mint.

Sometimes, just a little mint will not antidote, while a larger amount will.

If you're trying to avoid mint and can't find mint-free toothpaste, how 'bout trying my homemade, mint-free tooth powder? I bet you won't even miss the old stuff.