



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

REGENERATIVE ORGANIC SALAD GREENS  
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL  
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS  
GREAT TASTE DELIVERED TO YOUR DOOR!

## Welcome to the Alegría Farmacy!

*Longevity, health and well-being is just a delicious salad away!*

### SALAD GREENS

### HEALTHY FACTS



## Peppermint

*Scientific name: Mentha piperita*  
*Spanish name: Menta*

- Peppermint is a hybrid perennial plant that is a cross between watermint and spearmint.
- Peppermint contains minerals, vitamins and trace elements such as potassium, calcium, copper, iron, manganese, and vitamins A, B2 and C.
- It also contains a high menthol content, menthol is used for medicinal and flavor.
- Peppermint oil is used to overcome stress, anxiety and depression.
- Peppermint energizes the immune system and helps prevent a great number of diseases.
- Peppermint improves blood circulation and helps provide sufficient nutrition to all cells of the body.
- Peppermint aids digestion, and has a calming effect on the stomach muscles. It also creates better bile flow, which is critical for fat digestion. When you eat peppermint or drink it in tea form, food moves more quickly through your stomach. Peppermint has also been found to relieve the painful gas that is often associated with digestive issues.

- A phytonutrient in peppermint has shown to stop cancerous tumors in the pancreas and liver from growing in animals. Protection against cancer using peppermint in animals has also been observed in the lungs, colon and skin.
- Peppermint provides relief for Irritable Bowel Syndrome by relaxing the smooth muscles around the intestines, decreasing the chances of muscle spasms and indigestion.
- Peppermint is commonly used in cold and flu remedies. Studies have shown that it kills bacteria and viruses. It also has a calming and numbing effect. It dulls the pain of an aching body. The menthol in peppermint is a decongestant.