

# Soothing Teas Combat Stress and Restore Serenity

Feeling stressed? Why not try a relaxing remedy from nature's tea cupboard? A soothing tea may help to restore serenity.



**Lavender Tea:** Lavender has a wonderful aromatic scent and is used as a calming tea to relieve stress. Herbalists recommend lavender to calm the nervous system.

**Chamomile Tea:** Clinical data supports chamomile as being effective for a number of conditions including nervous disorders. Glycine, an amino acid in chamomile, acts as a nerve relaxant. Calming chamomile can be used as an herbal approach when seeking to combat stress, brewed in a soothing tea to relieve tension and anxiety.

**Passionflower Tea:** Passionflower has long been used as a folk remedy to treat anxiety. Studies confirm that passionflower extracts have anti-anxiety properties. It is believed that passionflower contains naturally occurring serotonin. Passionflower is a soothing plant used in healing tea preparations and is approved as a treatment for nervousness by Commission of the German Federal Institute for Drugs and Medical Devices.

**Lemon Balm Tea:** Lemon Balm is a member of the mint family. As its name indicates, it has a lemony flavour and fragrance. Terpenes in lemon balm render a relaxing effect. It also contains eugenol, which calms muscle spasms that often accompany stress. Lemon balm is considered a soothing herb that can relieve tension and relax the nerves, making it a good, calming tea.

**Valerian Tea:** Valerian has been researched for its efficacy in relation to anxiety and insomnia. Herbalists have found that valerian tea can actually offset the effects that stress has on the body. Researchers have found that different constituents in valerian seem to balance the nervous system. Valerian is one of the most widely prescribed relaxants and is a good tea for stress. Valerian tea is prepared from the root, and as a soothing remedy tea, it is a soporific that is widely turned to.

**Kava Tea:** Kava is prized for its anxiety-relieving effects. Kava is cultivated for its calming of mind and body and helps with a restful night's sleep and serenity. Kava is often used in conjunction with other soothing herbs in tea to calm the nerves. Kava contains a number of compounds that are believed to have a relaxing effect on the body.

Soothing herbs and plants offer humans both flavour and stress relief. A calming tea can be a delight to drink at the end of a long, tiring day. Why not sip a cup or two?

*Precautionary note: Teas that act to calm the nerves may have medicinal properties and could react with other drugs. Drinking soothing teas may not be advisable if you have certain health conditions. If you are pregnant, on other medications, or have other health concerns, check with your healthcare provider before drinking an herbal remedy.*