

DISTRESS OR DE-STRESS?

TEA TIME

Whether it's the medicinal compounds, calming ritual, or comforting warmth, herbal tea can be a strong partner in helping to manage anxiety and ease symptoms of stress.

CHAMOMILE TEA

Clinical data illustrates that chamomile can be effective in addressing several conditions including nervous disorders. Glycine, an amino acid in chamomile, acts as a nerve relaxant. When brewed in a soothing herbal tea, it can be used to relieve tension and anxiety. It's an effective tool to combat stress and other physical distress.

- Relaxes the nerves
- Soothes the stomach
- May reduce pain and inflammation
- Improves liver function
- Relieves muscle spasms and menstrual cramps in women
- Boosts the immune system to fight infection



MINT TEA

Peppermint tea's high menthol content offers a very strong but delightful aroma and flavour. A versatile herbal option, it can be enjoyed in combination with other teas and brewed either hot or cold. Though peppermint tea is good at any time of day, its benefits are best enjoyed after meals and before bedtime.

- Soothes irritable bowel syndrome
- Eases nausea and vomiting
- Improves digestion and reduces heartburn
- Fights bad breath
- Helps to control muscle aches and chronic pain
- Can clear congestion and cough from cold or allergies
- Fights stress



LEMON GINGER TEA

The pleasant citrus scent of lemon combined with the pepper-spice scent of ginger offers a relaxing way to pamper your senses and recharge your spirit. Sipping warm ginger tea with lemon can relieve tension.

- Relieves nausea
- Combats motion sickness
- Helps digestive processes
- Combats inflammation
- Minimizes symptoms of the common cold, allergies, and other respiratory conditions



Sources: www.teabenefits.com
www.livestrong.com