

# Healing Herbal Teas

Tea is one of the most widely consumed beverages in the world. Since ancient times many cultures have adopted this drink for its pleasant flavors, its energizing effects, and for its many medicinal properties. But not all teas are the same and each has its own unique qualities.

## 1. Black Tea

- Contains exceptionally high levels of antioxidants
- Regular intake can reduce risk of cancer
- Can reduce risk of stroke
- Can reduce clotting of arteries
- Helps soothe the digestive tract
- Helps improve cholesterol levels
- Can improve breathing in asthmatics
- Helps maintain normal blood pressure
- Helps improve circulation

## 2. Chamomile Tea

- Contains antioxidant flavanoids
- Often used as a muscle relaxant
- Helps alleviate menstrual cramps
- Helps alleviate discomfort of allergies
- Used topically for dressing burns
- Beneficial for skin irritations
- Can be taken internally or topically for acne
- Helps stimulate immune system
- Helps fight infections during colds
- Helps relax nerves

## 3. Green Tea

- Contains exceptionally high levels of antioxidant catechin
- Regular intake can reduce risk of cancer
- Can benefit those with rheumatoid arthritis
- Helps improve cholesterol levels
- Can benefit those with cardiovascular disease
- Can help fight infections
- Known to stimulate impaired immune function
- Can help dieters burn extra calories
- Helps prevent food poisoning
- Help prevent plaque and tooth decay

## 4. Oolong Tea

- Contains exceptionally high levels of antioxidant polyphenols
- Regular intake can enhance metabolism and prevent obesity
- Helps prevent tooth decay
- Can alleviate skin conditions like eczema
- Helps improve cholesterol levels
- Rejuvenates internal organs

- Helps prevent hardening of the arteries
- Helps prevent bad breath
- Helps fight flu virus
- Helps regulate blood sugar levels

### **5. Rooibos (Red) Tea**

- Rich in antioxidants
- Regular intake may help prevent cancer
- Found to interfere with skin cancer cell production
- May reduce risk heart attack and stroke
- Helps prevent DNA damage
- Enhances detoxifying enzymes in the liver
- Helps relieve constipation
- Helps alleviate inflammatory skin conditions
- Alleviates infant milk allergies

### **6. Rosebud Tea**

- Rich in essential oils
- Helps improve circulation
- Known to promote a healthy heart
- Known to sooth the nerves
- Helps sooth the mind
- Alleviates stress and nervous tension
- Known to sooth mild sore throat
- Can ease stomach bloating
- Used with brown sugar and red wine for menstrual pain

### **7. Ginseng Tea**

- Improves mental functioning and alertness
- Enhances immune system
- Improves circulation
- Increases resistance to stress induced illness
- Lowers blood sugar in type 2 diabetics
- Regular intake significantly reduces risk of cancer
- Can benefit cases of impotence
- Alleviate digestive disorders
- Helps regulate high blood pressure
- Alleviates many skin disorders

### **8. Yerba Mate**

- Rich in antioxidants
- Good for detoxification
- Enhances immune function
- May reduce risk of cancer
- Improves digestive function
- Increases mental focus
- Relaxes muscles
- Helps alleviate allergies
- Helps burn calories in dieters
- May reduce risk of heart attack and stroke