

6 Surprising Benefits of Tea

Description

You may have heard that drinking tea can be good for you, but do you really know why? Beyond the idea that a cup of tea is a healthy coffee alternative and an addition to your eight glasses of daily water, what is it about tea that is so beneficial for our health?

Here, we go over six surprising benefits of tea that will make you whistle to the happy tune of your tea kettle.



1. Tea Contains Antioxidants

Antioxidants are supercharged healing compounds found in natural foods like berries, leafy greens, and, yep, you guessed it: tea! Antioxidants help our bodies fight disease, ease digestion, and improve the look and feel of our skin. Tea also helps us [destress and let off some steam](#) whenever we need it. To get your antioxidant fix without all that fiber, tea is a great alternative.

Although most teas contain antioxidants, some herbal teas are more beneficial than others. Avoid black teas, which have a diuretic effect that can cause the body to expel electrolytes and minerals, and instead go for nutrient-packed alternatives. To get the awesome [benefits of green teas](#), stick to bitter green teas like [matcha green tea](#) or jasmine tea variations.

2. Tea Alkalizes the Body

Have you ever wondered why tea is so effective for a sour stomach? Well, that's™ because the properties of tea work to alkalize the body and rid the digestive system of imbalanced acid production.

You may have heard about the [powers of eating healthy](#), alkalizing foods, but these benefits can be obtained by drinking tea as well.

To reduce morning nausea or indigestion, go for cooling teas like peppermint. Ginger tea is also known for soothing upset stomachs and indigestion due to its alkalizing and anti-inflammatory properties.



3. Tea Is Self-Care

In dialectical behavioral therapy (DBT), one of the crisis skills taught to clients is how to use temperature to calm down. Both hot and cold temperatures can impact our nervous systems and assist us with calming down from stress.

While [cold temperatures are best for relief](#), anger, and stress, hot temperatures (like those from a hot cup of tea) can provide anxiety relief as well as comfort and safety. Tea is more than a beverage; it is self-care in a mug!

4. Tea Is a Sleep Aid

Certain teas can actually help prevent insomnia. By drinking calming herbal teas on a regular basis, such as chamomile, vanilla, and rooibos, many people find that it is easier to fall asleep.

These herbal teas have a relaxing effect on the body and gently calm the muscles to ease you into relaxation and, eventually, sleep. Many herbal teas also contain magnesium, which is known to promote feelings of calmness and muscle relaxation throughout the body.

5. Tea Can Improve Overall Health

Many teas are rich in flavonoids, which relieve stress and inflammation in the body. Tea can also lower blood pressure and may reduce risk of stroke. Although more research is needed to confirm the additional benefits of drinking tea, it is considered by researchers to be a “health-promoting” drink when enjoyed regularly.

6. Tea Is a Laxative

Herbal teas like senna and moringa provide relief from constipation and bloating. What’s more, the caffeine content in other teas like black tea, green tea, and chai also support healthy bowel movements. Caffeinated teas can speed up the digestive process and signal elimination.

The Bottom Line

What we know for sure is that tea can work wonders for our health. Indeed, for a hot beverage that handles everything from congestion to self-care, lean on tea to work its natural magic.

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