DRINKS & SMOOTHIES

This Herbal Tea Helps in Cases of Multiple Sclerosis, Chronic Fatigue, Rheumatoid Arthritis, Fibromyalgia, Lupus, and Hashimoto's! (with Recipe!)

By bestfolkmedicine · 19/10/2018 · 2 min read

Herbal teas are known, and commonly used, for their ability to treat and prevent various bacteria and virus caused health issues. However, not many teas and herbs are used for the purposes of managing chronic conditions.

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Thyme is not one of those, as it has been used to treat respiratory issues such as bronchitis, cough, and even flu and common colds, in the Mediterranean area for centuries.

Thyme is able to not only treat respiratory issues, but also boost our immune system and thus prevent chronic disease. This herb can help us relax and avoid stress, as well as fight and prevent fungal infections. Due to its ability to improve blood flow with prolonged use, thyme also supports our cardiovascular health and prevents heart attack and similar health-threats. Southern European nations have been using thyme in powdered or crushed form to speed-up wound healing and prevent infections, for hundreds of years.

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The healing powers of thyme come from its high contents of vitamin A, vitamin B, and vitamin C, accompanied by folic acid. Thyme also possesses tons of other minerals and nutrients, such as iron, calcium, and potassium, which all work together with the vitamins to improve the production of red

blood cells, which in turn helps our body regulate blood pressure. The mixture of phytonutrients found in thyme is also responsible for improved antioxidant distribution all across our body.

Antioxidant effects of thyme stem from volatile oils, such as thymol, and bioflavonoids found in the herb. Antioxidants found in thyme, such as terpenoids, and rosmarinic and ursolic acid, are responsible for preventing multiple types of cancer. Studies show that these antioxidants and acids increase the amounts of important omega-3 fatty acids, such as DHA, in our kidneys, brain, and heart cell membranes.

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The essential oils that get extracted from thyme during the brewing process have been reported to help with numerous health conditions. The list includes:

- Asthma
- Tinnitus
- Vertigo
- Rheumatoid arthritis
- Chronic fatigue
- Lupus
- Fibromyalgia
- Multiple sclerosis
- Chronic and acute bronchitis
- Gingivitis
- Hashimoto’s thyroiditis
- Laryngitis

How to make thyme herbal tea

Brewing your own thyme herbal tea is a simple and straightforward process that only takes two ingredients and less than 10 minutes of your time. However, making sure that the thyme you buy for the purposes of brewing tea is organic is the key element in making sure you can get all the potential health benefits from the tea.

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You will need:

- *Organic thyme*
- *Purified water*

Instructions:

Get a brewing pot and add one cup of water and one teaspoon of dried thyme per serving, or per person. Boil the thyme and water mixture, remove it from heat, let infuse for 5 minutes, and then strain the mixture. Voila, you made yourself some healthy thyme tea! The tea can be consumed in unlimited amounts, as there are no side-effects to thyme use. If you find that the tea lacks sweetness, you can add some raw organic honey to your cup.

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