DRINKS & SMOOTHIES

The Amazing Fennel Tea: It Balances the Hormones & Strengthens the Immunity

By bestfolkmedicine · 22/02/2019 · 3 min read



Fennel is a Mediterranean plant and it is used throughout the world. Crunchy like celery, the plant grows in sunny, sandy, and warm areas and it can reach up to 2 meters in height.

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The plant's seeds, flowers, and bulb are often used in cooking, but the seeds are frequently implemented in natural remedies. Its usage dates back to Ancient Rome and Greece and it was considered to be one of the 9 holy herbs of Anglo-Saxons, according to Chaucer, a famous 14th century English poet.

Nowadays, this herb is grown worldwide and it will not just help you make your dishes tastier, but it will also improve your health and well-being. In today's article, we will dedicate more time on fennel tea and its

health benefits. Continue reading to learn why you always need to have this amazing plant in your kitchen!

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The Health Advantages of Fennel Tea

A cup of fennel tea will enrich your body with the following nutrients:

- **Vitamin A**
- **Vitamins B**
- **Vitamin C**
- **Vitamin D**
- **Amino acids**
- **Antioxidants**
- **Calcium**
- **Fatty acids**
- **Potassium**
- **Iron**
- **Magnesium**
- **Phosphorus**
- **Sodium**
- **Sulphur**
- **Manganese**
- **Zinc**

When you consume it on a regular basis, this tea will help you improve your health in the following ways:

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- **Betters the digestion**

Since its essential oil has estrogen, it helps impede muscle spasms and eases the digestive processes and it can help you alleviate hiccups. Thanks to its carminative and aromatic abilities, it may help reduce diarrhea, bloating, flatulence, and stomach cramps, as well as IBS symptoms. Moreover, it will

help you lower the acid levels in the intestines and stomach.

- **Detoxifies the body**

By drinking fennel tea, you will remove the toxic deposits in the body and boost a healthy urine flow. It will maintain the liver's safety and may even help enhance the functioning of the kidneys and avert kidney stone formation. Opt for a cup of this effective tea to lower water retention and lose weight. It has the capacity to better your metabolism and thus, you will burn fat faster.

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- **Strengthens the immunity**

To assist the body in fighting off bad bacteria and viruses, choose fennel tea. This healthy tea will lower fever, alleviate sore throat and upper respiratory tract diseases, including bronchitis, asthma, and coughing. What's more, it can help eliminate surplus phlegm and ease congestion.

- **Betters the hormonal balance**

Fennel tea stimulates the estrogen production and thus, it will alleviate PMS, menstrual cramps, and menopause symptoms.

- **Maintains the health of the heart**

The nutrients in fennel tea will boost your cardiovascular health by lowering the bad cholesterol and decreasing your risk of high blood pressure.

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How to Prepare Fennel Tea?

You will need:

A tsp of dried fennel seeds

A cup of hot water

Preparation: Add the seeds into the water and cover it. After 10 minutes, strain it into a cup and sweeten it with honey or stevia. Enjoy!

Extra tip:

The best time to benefit from fennel tea is after meals!

Important to Note:

Make sure you consult your physician before you begin with a regular consumption of fennel tea because of some potential side effects!

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Sources:

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