DRINKS & SMOOTHIES

Amazing Anise & Ginger Tea: Strengthens the Immunity & Reduces Inflammation

By bestfolkmedicine · 08/04/2019 · 2 min read



The spicy taste, the pleasant aroma, and the amazing health advantages of the ginger and anise tea will definitely transform your cup of tea from a simple beverage to a healthy concoction.

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Rich in antibacterial, antimicrobial, and antifungal properties, this tea will keep your body safe from diseases and better your overall well-being. In some cultures like the Hindu and Chinese, the scents of these spices are able to calm down the nerves and boost the mental health.

The star of this tea, that is, anise seeds have a lot of benefits to offer for the hair, skin, and overall health. Moreover, anise is great in dissolving surplus mucus and help speed up the healing of bronchial infections and coughing.

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And, it is also beneficial for people struggling with indigestion because it can relax the muscles in the intestinal tract as well as for constipation.

Come on; let us check out the recipe for the tea below…

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DIY Anise & Ginger Tea Recipe

You will need:

6 grams of ginger powder

A tsp of anise seed powder

2 tsp of organic honey

2 tsp of lemon juice

A dash of cinnamon

2 liters of water

Preparation: Boil the water and then put the anise, ginger, and cayenne pepper. Simmer for 5 minutes and then remove the pot from heat. Strain it in a cup and add the honey, cinnamon, and lemon. Stir and drink while warm.

The Health Benefits of the Ingredients

- Anise is known to better the digestion and alleviate numerous digestive problems including flatulence, diarrhea, vomiting, and gastritis. Anise seeds are also effective in reducing surplus mucus in the lungs, trachea, and nose and help alleviate symptoms of diseases like asthma, bronchitis, flu, and pneumonia
- Ginger helps remove surplus gas from the digestive system and relieves nausea and vomiting. Thanks to its anti-inflammatory power, it will lower swelling and ache in arthritis sufferers. As it

possesses anti-viral characteristics, it will fight off colds too. Moreover, ginger is able to lower bad cholesterol levels

- Cinnamon is known for its anti-fungal abilities that help in the treatment of yeast infections. It is also good for treatment of type 2 diabetes because it stimulates the insulin receptors in the body and makes one more receptive to insulin and balances the blood sugar levels. What's more, this amazing spice is beneficial in preventing blood clots and excessive inflammation

Sources:

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