PLANTS & HERBS

Chasteberry Tea: The Ideal Tea for Ladies; Relieves PMS & Menopause Symptoms

By bestfolkmedicine · 19/12/2020 · 2 min read



Chasteberry, also known as monk's pepper, is an herb that has been used since ancient time.

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And, even nowadays, it's considered a potent natural remedy used for hormone health in women and to boost their fertility.

This is why many also know it as the female herb. However, anyone can try it to soothe certain health problems, including men, especially if they need to increase urinal flow.

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Chasteberry is the fruit of the tree chaste which is part of the mint family. Native to the western Asia and the south-western Europe, it has quite the interesting history.

Dioscorides, the Greek physician, gave his patients a drink made from chasteberry to reduce men's libido and thus, promote chastity, hence the name.

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Its flowers blood in late summer until the middle of autumn-they're fragrant and violet-blue.

5 Amazing Health Benefits of Chasteberry

- **Reduce menstruation ache**

In a study from 2005, published in the American Family Physician, it was concluded that chasteberry can relieve painful menstruations and breast discomfort during this period.

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- **Relieves PMS symptoms like depression, irritability, and bloating**

Thanks to its capacity to restore the balance to the progesterone-to-estrogen, chasteberry can help women deal with PMS symptoms easier.

In fact, 93 percent of the women who took the herb reported experiencing a soothing of their PMS symptoms.

- **May be of aid in regulating the menstrual cycle**

Some holistic health promoters recommend chasteberry for women with irregular menstrual flow or those coming off of hormonal birth control.

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- **Alleviates symptoms of endometriosis**

Chasteberry extract as hormonal support may be smart to relieve pain from endometriosis. Take it long term, around 12 to 18 months, for optimal effects.

- **Good for male reproductive health**

Although it's mostly known for its amazing health benefits for women, it can also be beneficial for men.

Thanks to being helpful for elevating the urine flow, it can be helpful for those diagnosed with prostatic hyperplasia.

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Other Benefits of Chasteberry

- Alleviating colds
- Relieving headaches & migraine
- Reducing joint ache & eye pain
- Lowering inflammation and swelling
- Promotes healing of acne

How to Make Chasteberry Tea

You'll need:

4 cups of water

A tbsp of rose petals

A tsp of whole chasteberry, crushed

A tsp of hibiscus flowers

A tsp of star anise, crushed

A tsp of cinnamon

A tsp of honey or maple syrup (optional)

Prep:

Steep the herbs and spices for 10 minutes in the hot water. Strain it and sweeten it accordingly. Enjoy.

Sources:

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