

# Benefits of Tea

## Types of Herbal Tea

There are different varieties of teas available. Whether you're growing the herbs or buying them, you can most likely make a tea with it. However, we will focus on five main herbal teas.

- 🍵 Green Tea
- 🍵 Oolong Tea
- 🍵 Rosemary Tea
- 🍵 Mint Tea
- 🍵 Basil Tea



## Oolong Tea

Oolong Tea is another herbal tea that is great for the body, studies have shown that it may improve the effectiveness of the immune system.

Possible Benefits:

- ❖ Headaches
- ❖ Controls diabetes
- ❖ Increases the number of calories you burn
- ❖ Weight loss
- ❖ Prevents cancer
- ❖ Enhances sleep
- ❖ Relieves anxiety and stress



## Green Tea

Green Tea has tremendous health benefits and studies have shown it to help boost your system when consumed regularly.

Possible Benefits:

- Prevents type 2 diabetes
- Promotes weight loss
- Antioxidant
- Lowers the risk of cancer
- Protects from aging
- Prevents cardiovascular disease



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## Rosemary Tea

Rosemary Tea has been known for its many health benefits. Studies have shown that when paired with basil it may improve the effectiveness of the immune system.

### Possible Benefits:

- ❖ Diabetes
- ❖ Headache
- ❖ Helps menstrual cramps
- ❖ Anti-Inflammatory
- ❖ Anti-Fungal
- ❖ Antioxidant
- ❖ Increases intelligence and focus
- ❖ Anti-Cancer
- ❖ Improves memory
- ❖ Dandruff treatment



## Basil Tea

Basil Tea is caffeine free and is recommended to be consumed throughout the day due to its many health benefits.

### Possible Benefits:

- Prevents type 2 diabetes
- Headaches
- Promotes respiratory health
- Anti-Viral
- Anti-Cancer
- Promotes heart health
- Boosts immunity



## Mint Tea

Mint Tea is caffeine free and can be consumed throughout the day.

### Possible Benefits:

- May improve sleep
- Prevent type 2 diabetes
- Relieves headache and migraine pain
- Helps menstrual cramps
- Enhances focus and memory
- Relieves congestion
- Boosts immunity
- Healthy hair
- Weight loss

