

Herbal Teas

Chamomile Tea Benefits

- **Sleep and Relaxation:** Chamomile tea is well-known for its sleep-inducing properties, attributed to a compound called apigenin which has sedative effects. (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>). A 2015 study found that drinking chamomile tea helped postpartum women improve their depression and sleep quality (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>).
- **Blood Sugar and Metabolic Health:** Chamomile may help improve blood sugar regulation in those with diabetes by suppressing blood sugar levels and improving liver glycogen storage. (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>). A study of 64 adults with type 2 diabetes who drank three cups of chamomile tea daily for eight weeks showed significant decreases in HbA1C markers and improved glycaemic control and blood lipid profiles. (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>). Another study found that drinking chamomile tea twice daily for 4 weeks was linked to improved blood sugar control, lipid profiles, and kidney function in 50 participants with diabetes. (<https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea>).
- **Cardiovascular Health:** Chamomile contains flavones, a class of antioxidants that may reduce LDL ("bad") cholesterol and improve cardiovascular health. (<https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea>). Studies have shown that chamomile can help lower blood pressure and bad cholesterol while moderating blood sugar level. (<https://senchateabar.com/blogs/blog/chamomile-tea-benefits>).
- **Digestive Support:** Research suggests that chamomile may help reduce smooth muscle spasms in the gut, which may benefit those with inflammatory digestive issues such as diverticulitis and oesophageal reflux. (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>). It may also offer preventative measures against H. Pylori bacteria, which can contribute to stomach ulcers. (<https://www.bbcgoodfood.com/health/nutrition/health-benefits-chamomile-tea>).
- **Oxidation and Inflammation:** Chamomile tea contains compounds that reduce oxidative stress and inflammation. (<https://www.medicalnewstoday.com/articles/320031>). The anti-bacterial properties work to defeat unwanted bacteria and viruses, helping boost the immune system to prevent the common cold and fight the flu (<https://senchateabar.com/blogs/blog/chamomile-tea-benefits>). Studies have shown that regularly consuming chamomile tea may increase body levels of hippurate, a natural immune booster. <https://teaforte.com/blogs/tea-notes/the-secret-health-benefits-of-chamomile-tea>).
- **Pain Relief:** A 2002 study demonstrated that chamomile can ease tension associated with migraines and headaches by opening up blood vessels and reducing inflammation. (<https://senchateabar.com/blogs/blog/chamomile-tea-benefits>). The reduction in inflammation can also help alleviate muscle spasms and menstrual cramps. (<https://senchateabar.com/blogs/blog/chamomile-tea-benefits>).

See benefits of Lavender tea on the following page.

Lavender Tea Benefits

Sleep and Stress Reduction: Lavender tea is most well-known for its ability to induce calm and improve sleep quality 4 (<https://senchateabar.com/blogs/blog/lavender-tea>). The relaxing effects can help treat sleep disorders 4 (<https://senchateabar.com/blogs/blog/lavender-tea>). Studies show that lavender may effectively soothe symptoms of stress and anxiety, making it useful for managing these conditions 8 (<https://artfultea.com/blogs/wellness/lavender-tea>).

- **Anti-inflammatory Effects:** Lavender tea boasts anti-inflammatory properties that can reduce inflammation and prevent serious ailments. (<https://senchateabar.com/blogs/blog/lavender-tea>). These properties can help alleviate pain by reducing inflammation of the muscles and joints and may even minimize muscle spasms. (<https://senchateabar.com/blogs/blog/lavender-tea>). This anti-inflammatory action may help prevent heart attacks by reducing the risk of blood clots caused by inflamed arteries. (<https://senchateabar.com/blogs/blog/lavender-tea>).
- **Mood and Mental Health:** Preliminary studies show that lavender can help boost mood and alleviate symptoms of mild depression. (<https://artfultea.com/blogs/wellness/lavender-tea>). Clinical trials conducted as recently as 2020 found that drinking lavender tea as an older adult can help ease symptoms and feelings of stress and anxiety. (<https://www.myteadrop.com/blogs/news/lavender-tea-benefits>).
- **Menstrual Pain Relief:** Lavender tea can relieve pain from uncomfortable cramps during menstruation, with studies showing that lavender can have a significant effect on period pain. (<https://artfultea.com/blogs/wellness/lavender-tea>).
- **Lavender** is known to have antioxidant effects, with compounds that destroy free radicals—harmful molecules that cause oxidative damage to cells. (https://www.medicinenet.com/here_are_8_health_benefits_that_lavender_tea_is_go/article.htm). These antioxidants work to eliminate toxins caused by pollution, excessive drinking, and smoking, reducing oxidative stress and potentially lowering cancer risk. (<https://senchateabar.com/blogs/blog/lavender-tea>).
- **Respiratory and Immune Support:** Lavender has anti-inflammatory and immune-boosting properties, with studies showing that inhaling lavender essential oil reduced the activation of inflammatory molecules. (https://www.medicinenet.com/here_are_8_health_benefits_that_lavender_tea_is_go/article.htm). Lavender tea is said to contain vitamin C, magnesium, calcium, and other nutrients that help the body fight infections. (<https://www.myteadrop.com/blogs/news/lavender-tea-benefits>).
- **Digestive Health:** Lavender tea can soothe digestive issues ranging from diarrhea to nausea and stomach cramps. (<https://senchateabar.com/blogs/blog/lavender-tea>). Its antispasmodic properties help reduce uncomfortable gas and bloating. (<https://www.myteadrop.com/blogs/news/lavender-tea-benefits>).
- **Heart Rate and Blood Pressure:** Animal studies showed that lavender extracts decrease heart rate and blood pressure. (https://www.medicinenet.com/here_are_8_health_benefits_that_lavender_tea_is_go/article.htm). Lavender also relaxes certain muscles, which may contribute to its calming effects and improve overall well-being. (https://www.medicinenet.com/here_are_8_health_benefits_that_lavender_tea_is_go/article.htm).

See Combined Benefits of Chamomile and Lavender on the following page.

Combined Benefits of Chamomile and Lavender

- **Synergistic Anti-inflammatory Effects:** Both chamomile and lavender possess anti-inflammatory properties (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>). Regular consumption of a combined chamomile and lavender tea may help reduce inflammation in the body, which can be beneficial for conditions like arthritis. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>). When a cold or flu has you down, the combination can help speed up recovery. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>).
- **Enhanced Relaxation and Mood Support:** The sedative effect of both chamomile and lavender together puts your body and mind into a relaxing state. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>). This combined effect is not enough to put you to sleep, making it perfect for daytime use to relieve stress and relax. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>).
- **Digestive and Cardiovascular Support:** Chamomile's anti-inflammatory properties help soothe the digestive system, relieving bloating, stomach pain, gas, diarrhea, and acid reflux. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>), while the antioxidants in chamomile like flavonoids help support heart health by lowering the risk of heart disease. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>). Drinking the combined tea regularly may help maintain healthy blood pressure levels. (<https://trueleaftea.com/blogs/health-benefits/health-benefits-of-chamomile-lavender-tea>).

Both herbs are generally well-tolerated, though chamomile tea is not a replacement for medication if you have diabetes or other medical conditions, and should be used as a complementary addition to your health management plan.