

Hypnosis Works!



Relaxing Teas

Americans have typically picked coffee over tea as our caffeinated beverage of choice. Worldwide, however, tea is second only to water in liquid consumption.

Many herbal teas can help calm, soothe and relax and that provides great value in today's often hectic world. So, I have selected these special calming herbal teas to share with you. I would love to begin with one of my multi benefit favorites - Peppermint Tea.

Peppermint Tea Benefits for Mood and Well-Being

1. Use Peppermint Tea to Relieve Stress

When it comes to stress and anxiety, peppermint tea is one of your best allies. The menthol that is naturally present in the herb is a known muscle relaxant; this physical manifestation of relaxation can translate to stress and anxiety relief as well.

Try sipping a cup of peppermint tea and listening to your favorite song for a five-minute break during a hectic afternoon to get the most out of this benefit.

2. Can't Sleep? Try Peppermint Tea

Drinking peppermint tea before bed has been proven to give you a more restful sleep; this peppermint tea benefit actually stems from the menthol content of the herb as well. Not only does the relaxation of the muscles lead to more restful sleep, the tea has properties that can even help you dream more vividly.

Try having a cup of peppermint tea while you read a chapter of a book in bed, far from television and phone screens. Reading can help your imagination get to work, and being away from screens will

help you become calmer and able to rest.

3. Try Peppermint Tea for Concentration

Having a hard time concentrating? Peppermint may be a solution.

A study in the International Journal of Neuroscience found that peppermint tea can increase focus and concentration. What's more, a study at the University of Cincinnati found that the scent of peppermint was even more important than the actual consumption of the tea. Peppermint diffused in a room full of test-takers boosted their alertness and concentration, as the smell of menthol stimulates the hippocampus, which is brain's memory center.

To take advantage of this benefit, brew peppermint tea and sip it slowly, or make a homemade peppermint humidifier by bringing a pot of water to a boil, adding the peppermint and covering the pot. Bring the pot into the room you want to humidify and open the pot; the scent of peppermint will fill the room.

Peppermint Tea Benefits for Health and Body

4. Looking to Shed Some Pounds? Peppermint Tea May Be the Answer

When it comes to weight loss, it seems we're always searching for a miracle, but while there isn't one problem-solving ingredient, peppermint tea can definitely help.

Peppermint tea is a proven appetite suppressant, and the naturally sweet flavor of peppermint means that a cup of the infusion can stand in perfectly for dessert, making it easier to stick to your healthy eating goals.

You could also drink a blend of peppermint tea and green tea first thing in the morning to increase your metabolism. The catechins in green tea are proven to help boost metabolism, and the two working together will make it easier to shed extra pounds.

5. Use Peppermint Tea for Sinus Relief

The consumption of any warm liquid, from tea to hot water with honey, can help with congestion, but peppermint tea boasts a specific benefit, and once again, we have menthol to thank. Menthol is a natural decongestant, providing relief from sinus pressure, related to colds and allergies, and the hot liquid can also soothe a sore throat that accompanies seasonal cold symptoms too.

When you're suffering from a stuffy nose and scratchy throat, combine peppermint tea, lemon and honey for a soothing drink.

6. Clear Your Skin with A Peppermint Tea Bath

If you suffer from hormonal skin problems such as acne, peppermint tea could be a natural solution. Peppermint tea offers a slight boost in estrogen levels to some drinkers, which can help curb these hormonal problems and aid in clearing up acne.

If you really want to make sure that you're reaping all the benefits, try adding peppermint tea to your bath water. It can help soothe burns and rashes as well as other skin inflammations.

7. Soothe Stomach Problems with Peppermint Tea

Peppermint tea is also a great natural remedy for certain stomach ailments, including bloating, gas, and constipation. Archeological evidence has shown that peppermint has been used as a medicine and supplement for over 10,000 years, and even today, peppermint oil is used by some medical professionals to soothe symptoms associated with intestinal issues such as Irritable Bowel Syndrome.

Peppermint tea contains carminative elements, which allow gas to move through the body as it forms instead of remaining in one place, causing discomfort. It is also an antispasmodic, which means that nausea and vomiting are reduced, even just by inhaling the scent of peppermint. It's no surprise that so many over-the-counter treatments for diarrhea, constipation, and gas are flavored with mint.

Having a cup of tea when you suffer from these symptoms can help reduce them, and if you suffer from regular gas, constipation or bloating, sipping a cup in the evening before bed can help soothe these problems, making it easier to digest and fall asleep.

Bearing all of these benefits in mind, don't forget that peppermint tea can also have a few side effects. Some people are allergic to menthol; make sure that this is not the case with you. Also, some people experience heartburn when they ingest peppermint though this is usually mild. Pregnant women should also be aware that drinking peppermint tea can cause uterine relaxation, which can increase miscarriage risk.



- **Chamomile - *Chamaemelum nobile* (Roman) and *Matricaria chamomilla* (German)**

Roman and German chamomiles have similar appearance and uses. To produce this aromatic, wheat herbal tea only the fresh or dried flowers are used. The tea has a soothing and mildly sedative effect which helps us to relax after or even during a hectic day or as an aid for a good night's sleep. Chamomile is safe to use, even for children. For total relaxation why not try a cup of chamomile tea while lingering in a warm and soothing chamomile bath?

- **Lemon Balm- *Melissa officinalis***

This is a refreshing, anytime herbal tea that should be tried by everyone for its calming effects. It is special in that it soothes the entire nervous system, yet stimulates the heart at the same time. Lemon balm leaves and flowers can be steeped a bit longer, up to 15 minutes, to release more of its lemony flavor. Serve hot or cold. This herbal tea will also help you to get a good night's sleep and even helps soothe a headache.

- **Catnip - *Nepeta cataria***

Yes, catnip is the plant with leaves that cats find intoxicating and thoroughly relish. Not too many realize that catnip also provides us with a tasty, aromatic and refreshing herbal tea. The tea is both soothing and mildly stimulating at the same time. It makes a perfect nightcap, easing restlessness and nervousness. This woody-tasting herbal tea is also mildly stimulating and often taken as a tonic.

- **Linden - *Tilia x europea***

Linden tea is very popular in parts of Europe for its lightly floral scent and pleasantly sweet flavor. In several regions, an herbal tea of the flowers and leaves is an old household remedy for nervousness, anxiety, insomnia, headaches and indigestion. It has also been suggested as a useful remedy or aid for high blood pressure and palpitations.

- **American Passionflower - *Passiflora incarnata***

A mild sedative, this particular species of passionflower provides a vegetal-tasting tea that calms nervousness and anxiety and helps you get to sleep at night. It is generally considered safe to use, but should be avoided by pregnant women.

- **Motherwort - *Leonurus cardiaca***

Motherwort produces another herbal tea that can calm the nervous system. It is commonly used for nervous heart problems and palpitations. As the common name indicates, the plant is especially valuable for certain women's conditions such as PMS, menstrual pain and delayed menstruation. The taste may be bitter so many add sugar, lemon, or honey to improve the flavor. Again, it is not safe for pregnancy and nursing women.

- **Valerian - *Valerian officinalis***

Primarily associated with its sedative action, valerian has a calming effect on the whole nervous system and has been used to treat insomnia. Caution: Though the earthy herbal tea that valerian produces has strong calming effects, do not make your herbal tea too strong or take in excess, as too much has the potential to cause lethargy, head pains and other symptoms. Use with discretion.

- **Blue Vervain - *Verbena hastate* and Vervain - *V. officinalis***

Blue vervain in particular has a tranquilizing effect that has proven useful to calm several nervous conditions and alleviate insomnia. *V. officinalis* is also useful in these areas, though to a lesser degree.

The herbal tea is slightly bitter tasting, so you may want to add honey. Once again do not make this herbal tea too strong, take in excess, consume over a prolonged period of time, or use while pregnant.

Disclaimer: These products have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Resources: organicauthority.com, Emily Monaco - <http://thedailytea.com>

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