

Hot drinks for the cold season

Herbal teas that will save your life in autumn and winter!

With the beginning of the cold season, warm drinks give the body a special comfort. Tea, the green and shiny leaves that later turn into green, red and black tea, is a hot drink for most of us Iranians, but it is not the only thing that we can drink in the cold days of autumn and winter.

Colorful and wonderful brews turn the cold season into the hottest season of the year. Infusions have been intertwined with our human lives for many years and have helped traditional medicine in the treatment of many diseases.

Drinks are different like human moods and their types change with the beginning of each season. For example, summer is associated with cool and moist drinks and winter is associated with hot and dry drinks.

Cold season infusions of flowers, stems, leaves and all parts of the plant are used in cold seasonal infusions, but in few cases the root of the plant is used for treatment.

Drinks are prepared in two ways, brewed or boiled. If we want to have a medicine with a strong effect, we boil the plant.

Ginger can be boiled in milk with honey and cinnamon. This combination is very useful for people suffering from arthritis pain. This drink can be eaten as breakfast with a few pieces of bread. If this miraculous potion is used for 40 days, knee pains will be completely removed.

If you catch a cold early, drinking thyme tea at the beginning of the autumn season can not only increase the body's resistance against the

seasonal cold and flu virus, but also speed up the recovery process of the cold. This tea relieves cough and relieves shortness of breath.