



## **Mint tea relieves cold pains**

The menthol in peppermint leaves acts as a natural decongestant, helping to break up mucus and relieve congestion. You can enjoy a cup of peppermint tea when you have a cold and see immediate relief from your cold symptoms.

Mint is a warm and dry plant that has many medicinal properties and can be consumed in different ways such as: dry, fresh, essential oil, brewed, powder, etc. Drinking mint tea, in addition to bringing a cool and pleasant feeling, also has unique properties on the health of the body. The following are some of the most important therapeutic properties of mint tea for colds:

### **Strengthening the immune system with mint tea**

If you have a weak immune system and with the onset of cold seasons, you constantly catch colds; be sure to drink mint tea hot, because it relieves a sore throat and helps to relax the muscles of the throat, thus reducing dry coughs. Antioxidants in mint tea increase blood circulation and help the activity of white blood cells in defense against pathogenic agents during illness. This useful drink is rich in potassium, calcium and vitamin B.

## **Decrease in body temperature and fever**

**Menthol is one of the useful substances found in mint, which leads to a decrease in body temperature. If you feel stuffy and have a fever, drinking mint tea is good for you. Most of the people who get cold and flu have symptoms like fever and this tea helps to improve all the symptoms of the disease at the same time.**

## **Anti-inflammatory**

**Mint tea is a very strong anti-inflammatory because it contains menthol, that's why it can be used in the treatment of inflammatory diseases of the respiratory system, such as sinusitis, runny nose, as well as inflammation of the throat, larynx, and even chest pain, sore throat, and cough that may occur during a cold. To cause corrosion, it is very effective.**

## **Reduce muscle pain**

**Muscle pain and cramps usually appear along with a cold and make it harder to bear this disease. One of the properties of mint is reducing spasms and muscle pain. One of the properties of mint is reducing spasms and muscle pain. Therefore, consuming mint tea during a cold can be effective in reducing the pain and muscle cramps caused by a cold, in addition to relieving the symptoms of this disease and helping to speed up the treatment process.**

## **Opening the sinuses**

**Drinking a warm drink containing menthol, such as peppermint tea, can help relieve blocked sinuses.**

## **Increase energy**

**Some studies showed that mint tea reduces fatigue and sleepiness during the day, but there is no definitive article on this.**

## **Eliminating bacterial infections**

**Studies confirm that peppermint effectively fights many types of bacteria, including those that cause foodborne and infectious diseases.**

## **How to prepare mint tea for colds**

- To prepare mint tea, put 2 tablespoons of fresh or dried mint leaves in a teapot and add a large glass of boiling water to it.**
- Put the lid of the teapot or glass of tea on it and let it brew for 10 to 15 minutes. Then pour in a cup and enjoy.**
- If you wish, you can sweeten the mint tea with a little honey or candy.**
- You can add pieces of ginger to a teapot or glass of tea along with mint leaves to help improve the symptoms of a cold.**