



Cleansing the lungs with parsley tea

Parsley tea is useful for healing diseases such as inflammation of joints and bones and rheumatism. Parsley tea protects people from polyarthritis inflammation and is used as a pain reliever to reduce fever.

This tea is very useful for the winter season and it is not without grace to use it in other seasons as well. The high amounts of vitamin C and vitamin A in Parsley tea strengthen the body's immunity and reduce the risk of colds and flu by increasing the production of white blood cells. In addition, parsley tea and tea is one of the best drinks for cleaning the lungs.

The beta-carotene present in this drink reduces the risk of asthma attacks and its antiseptic properties are useful for treating coughs. Parsley tea is a natural antihistamine and drinking it helps to treat allergies, hay fever and other respiratory diseases.

How to prepare parsley tea

First, boil a liter of water.

Pour 30 grams of fresh or dried parsley leaves into a liter of boiled water. If you use fresh parsley, chop them by hand to increase the flavor of the tea.

Wait 10 to 15 minutes for it to brew. The longer the brewing time is, the best taste of the brew becomes, if you don't like the bitter taste, 5 minutes is the right time for brewing.

Pass the tea through a strainer and pour it into a glass.

Your parsley tea is ready. You can add the juice of a fresh lime or 1 tablespoon of honey to it and drink it.

Drink the tea immediately after brewing to enjoy its aroma.