



Herbal teas that warm your body like a heater in winter

Using some herbal teas increases blood circulation and heats the body.

Younes Heydari, a traditional medicine researcher, said: "Using different spices is useful in the cold season."

He said that the use of spices creates heat and increases blood circulation in the body. Also, in the winter, the use of saffron causes heating in the body, which is recommended for people to use once a week.

This traditional medicine researcher said: Anything that accelerates blood circulation in the body increases body temperature and creates vitality and reduces sleep.

Heydari said: "Using Baba Adam tea with honey is very useful in the cold season." Also, a tea made of saffron, cardamom, and mountain tea is a useful drink for curing colds.

He said: "Mountain tea, cinnamon and ginger is a warming tea that people with high blood pressure should use with caution."

He emphasized: Kombuja drink is an extremely energizing, relaxing and warming combination, and also using the combination of hot water and honey in the morning on an empty stomach helps to open the voice, revive the vocal chords and warm the body.

He said: Massage with different pure oils such as massage with coconut oil, cloves, and relaxing oils that are warming, such as vanilla, are recommended in the cold season, some of which are anti-pain caused by cold.

He said: The infusion of hyssop flowers, marjoram, mountain tea and thyme is a wonderful combination that helps to increase blood circulation and treat colds and contains antibiotics.

Also, the combined tea of white tea, green cardamom, cardamom, and valerian is a useful winter tea, and the use of borage flower, valerian, and Amani lemon tea is recommended as a relaxing and warming tea.