



Benefits of consuming some useful teas in the holy month of Ramadan

Herbal teas can be very useful for fasting people, when breaking the fast instead of drinking a glass of cold water, replace it with a cup of tea.

During the holy month of Ramadan, many people are looking for drinks to quench their thirst, in this month, including natural drinks and herbal teas in the breaking the fast table is the best option for fasting people, because by drinking these teas, the fasting people can at the same time improve their body's ability during the day. Increase, it guarantees the body's resistance.

Avoid eating lemon juice and carbonated drinks between breaking the fast and dawn. Chicory tea and sweat is one of the best drinks to reduce body temperature, in addition, it can make the body resistant to heat.

By drinking this sweat, the functioning of the stomach and digestive organs will also improve. You can drink one or two glasses of it between breaking the fast and dawn. But note that if your blood pressure is low, mix it with sugar or rose water and then use it.

Mint tea is very effective for improving the digestive system disorder and flatulence, which is why it is recommended to consume it in the month of Ramadan when the stomach is empty for a long time. In addition, it is also used to reduce bad breath and reduce body temperature.

Green tea is used as a fever reducer and to relieve heatstroke, in addition, this herbal tea reduces thirst and causes more sweat in the body and cools it down.

During the month of Ramadan, due to the empty stomach, you may have bad breath. Green tea is useful for eliminating oral bacteria and makes it smell good. Fasting people should note that if you have low blood pressure, it is better to drink this tea with honey.

It is also recommended to drink chamomile tea and spring orange juice during Ramadan. Chamomile is a plant with anti-inflammatory properties, so you can use it to prevent hot flashes and thirst during Ramadan. In addition, it helps relieve stomach inflammation and improves liver function; this plant also has sleep-inducing and nerve-calming properties.