



### **Don't miss the drink of spring flowers / a sip of peace**

Herbal teas are suitable, tasty and useful substitutes for tea. Everyone can enjoy these drinks according to their taste and according to their illnesses or physical needs (and even according to different seasons of the year).

Spring is the season of chamomile flowers and spring of oranges, the teas of these two medicinal plants will give you peace in addition to the thousands of properties they have. Nowadays, the use of medicinal plants has become more common than chemical drugs, and fortunately, people are aware of this. They have concluded that the effect of natural medicinal plants is much higher than chemical drugs.

Chamomile tea is prepared from dried chamomile plants, which are a rich source of various antioxidants. Chamomile tea, in addition to having many therapeutic properties, has long been of great interest due to its pleasant aroma. Who have liver and digestive diseases, medicinal products and herbs that have anti-flatulent effects are used more.

Chamomile tea has amazing effects on your body and can act as a pain reliever. Drinking chamomile tea regularly prevents the development of diabetes, kidney damage, nervous system disorders, and vision loss. Chamomile tea has therapeutic properties such as treating inflammation, accelerating the healing process of wounds and herpes, treating acne and purulent pimples, and the latest findings show the property of chamomile plant in preventing the growth of cancer cells, also this plant contains two The enzyme is essential for the health of the

body, which prevents the progression of the disease and complications caused by diabetes, such as weakening of vision and impaired kidney function.

Chamomile tea is useful for strengthening the body's immune system and eliminates infections caused by colds, while it is also useful for relieving muscle cramps and menstrual cramps in women. Chamomile tea is a wonderful pain reliever for headaches, migraines, toothaches and nerve pains. Chamomile flower incense is also recommended to improve acne and pimples on the face.

Citrus aurantium, which shows up in the southern regions of Kerman in the spring and we can feel its aroma in the spring, can also be a suitable and relaxing drink. Citrus aurantium has a warm nature. Appetizing and useful for nervous weakness. It is effective for treating sudden heart palpitations. Orange repels bile and makes the liver cells work and cures its weakness and insufficiency. This infusion is very useful for treating throat swelling. It is also useful for treating chest pain and headache. It is also anti-constipating. This infusion has antimicrobial and antibacterial properties.

This tea eliminates irregular heartbeat, anxiety and anxiety, and if you have a problem with sleeplessness or insomnia, you will have a good and peaceful sleep by drinking this tea.