



Rose tea is a source of antioxidants and anti-cancer

Rose "*Rosa damascena*" is a special type of rose and its origin is attributed to China. However, the type of rose flower originally belongs to Iran, and it is said that after Alexander the Great's attack on Iran, it made its way to other parts of the world.

The medicinal properties of rose have been known and used for years. Abu Ali Sina first took rose water from rose and used its healing properties. Also, the ancient Romans considered rose to have medicinal properties. Early inhabitants of North America also drank tea brewed with rose petals to relieve heartburn and upset stomachs.

Rosemary tea is useful for dealing with various respiratory problems caused by colds and flu. Therefore, it is recommended not to neglect this tea when the cold days of the year arrive. Rosemary decoction removes the complications and symptoms of colds, flu, colds and bronchial congestion from the body. Gargling the decoction or decoction of rosemary relieves sore throat.

Regular consumption of Rosemary tea helps to detoxify and cleanse the body in the first step. Because it affects the liver and bile and makes them clean. This aromatic drink is diuretic and helps control water retention in the body. Of course, it must be said that one flower does not make spring. That is, you cannot benefit from these unique properties by drinking a cup of rosehip tea. You should drink this drink regularly and for a period of treatment.

The use of antioxidants can be considered as one of the main factors to fight against cancer. For this reason, doctors constantly recommend people to consume foods containing antioxidants. Rosemary tea is one of the richest sources of antioxidants. The presence of catechin in this tea can be a very useful factor in fighting cancer. Antioxidants protect the body against the harmful effects of free radicals and thus prevent the occurrence of cancers. Antioxidant compounds not only prevent the damage of free radicals, but also cause the destruction of cancer cells without harming the surrounding healthy cells. In fact, this flower improves the health inside and outside the body and preserves its youth.

If you have a fever, you can trust this tea. Rosemary tea lowers body temperature and reduces fever. This tea is effective for cleansing the body and reducing inflammation, as well as removing skin lesions. The results of the studies show that rose prevents the aggravation of the infection.

The most important feature that we know about the properties of rosehip tea is its soothing properties. Drinking rosehip tea has a wonderful effect on human nerves. Drinking rosehip tea can completely remove the fatigue of a working day and you will spend happy hours with your family with double energy. Also, this drink has the ability to eliminate fatigue and insomnia. The fragrance of this flower is so pleasant that it completely changes your mood. For this reason, if you suffer from depression, you can include drinking a glass of rosehip tea in your diet every day. It goes without saying that mohammady juice is anti-stress and is considered useful for nervous tension.

The nature of tea and tea is moderate. Rosemary tea contains high amounts of vitamin C, polyphenols, vitamin A, various minerals, malic acid, pectin and citric acid, neolol, granulol, miren, quercetin and other antioxidants. The best time to consume Rosemary is 1 to 2 hours before or after food.

Useful for women: Rose flower is very useful for women. Reducing menstrual pains, reducing menopausal symptoms, regulating menstruation and being useful for pregnancy are among the properties of the rose flower for women.

Weight loss: weight loss and slimming are considered other properties of rosehip. Drinking a glass of tea or rose tea will help you lose weight a lot. Because it stops your appetite and helps digestion of food and body fat a lot.

Eye health: If you have eye irritation or redness, for eye health, you can put a few drops of rose water into your eyes to remove the redness or irritation.

Strengthening the body's immune system: To raise the body's immune system and in other words to strengthen it, you can brew and drink a decoction of rosehips for yourself daily. Rosemary is very high in vitamin C and protects the body against diseases such as cold, sore throat and flu.

Insomnia treatment: Since rosemary is a nerve relaxer, it is also great for treating insomnia. If you suffer from insomnia, you can drink a glass of Rosemary tea at night before going to bed to have a comfortable and peaceful sleep.

Treatment of constipation: Drinking rosehip tea reduces body fat. For this reason, by drinking rose tea, you will no longer suffer from constipation, or if you are constipated, by drinking a glass of rose tea, your problem will be solved.

Eliminate bad breath: If you are suffering from bad breath problem, you can gargle the water of rose water in the morning after waking up to solve your problem.

Reducing fever, strengthening the stomach and intestines, eliminating heatstroke, healing superficial wounds, treating stress and anxiety, and fighting infections are considered among other properties of the rose. It goes without saying that rose has many vitamins and minerals, including vitamin C, vitamin A, vitamin E, iron and calcium.