



Cooling drinks in the summer season

One of the ways to reduce body heat in the summer season is to use drinks that act as body coolers. Staying cool in summer is very important because high body temperature may cause heatstroke, and for this purpose, using herbal body cooling is effective.

Green tea is one of the cooling teas and drinks because it has low oxidation. In traditional Chinese medicine, this tea is used to relieve heat and heatstroke. Green tea also reduces thirst and increases the body's fluid production, which means the body cools down more through sweat.

White tea, which is the least oxidized among teas, has a cold nature and is recommended for summer. This tea is very light and refreshing.

Chrysanthemum has a cold nature and its tea is suitable for hot summer days. Chamomile, like chrysanthemum, has cooling properties and is used as an anti-inflammatory.

Senna seeds are useful for cooling the heat of stomach gas and liver, and their consumption is very suitable for summer, because the heat and dryness of this season can cause constipation.

Peppermint or mint in general is very cool. You can use it to prepare a variety of hot and cold drinks. If you are using dry leaves, put it in boiling water to release its properties.

Descurainia sophia is one of the herbal cooling drinks that contains stearic acid and is useful for healing wounds, opening the voice and eliminating hives. Also, burdock is a plant that strengthens the digestive system, increases appetite, and treats nervous disorders. Another herbal tea with a cold taste is chicory tea. It is the best blood purifier and chicory sweat cools the body and its leaves are nerve tonic.