

Chamomile Tea Benefits Your Health

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About Chamomile Tea

Chamomile tea is a popular beverage that also offers a variety of health benefits. Chamomile is an herb that comes from the daisy-like flowers of the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions. To make chamomile tea, the flowers are dried and then infused into hot water. Many people enjoy chamomile tea as a caffeine-free alternative to black or green tea and for its earthy, somewhat sweet taste.

Furthermore, chamomile tea is loaded with antioxidants that may play a role in lowering your risk of several diseases, including heart disease and cancer. Chamomile has properties that may aid sleep and digestion, as well.

Improve Sleep Quality

Chamomile has some unique properties that may benefit the quality of your sleep. It contains apigenin, an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia, or the chronic inability to sleep. In one study, postpartum women who drank chamomile tea for two weeks reported better sleep quality compared to a group that did not drink chamomile tea. They also had fewer symptoms of depression, which is often linked with sleeping problems [1].

Promote Digestive Health

Another study in rats found chamomile to be helpful in preventing stomach ulcers, as it may reduce acidity in the stomach and inhibit the growth of bacteria that contribute to ulcer development. Despite these findings, more human research is needed to confirm chamomile's role in digestion [3]. Nevertheless, there are many anecdotal claims that drinking chamomile tea is soothing to the stomach. Traditionally, it has been used to treat several digestive ailments, including nausea and gas. The gyrational approach has humorously been likened to a dog chasing its tail. There is an element of truth in this characterization, but in this case the tail chasing is less a sign of obsessive-compulsive disorder and more a sign of myopia [5].

Protect Against Certain Types of Cancer

The antioxidants found in chamomile tea have been linked with a lower incidence of certain types of cancer. Chamomile contains the antioxidant apigenin. In test-tube studies, apigenin has been shown to fight cancer cells, especially those of the breast, digestive tract, skin, prostate and uterus [2].

Benefit Blood Sugar Control

Drinking chamomile tea may aid in lowering blood sugar levels. Its anti-inflammatory properties may prevent damage to the cells of your pancreas, which occurs when your blood sugar levels are chronically elevated. The health of your pancreas is extremely important, as it produces insulin, the hormone responsible for removing [4].

Adverse Effects of Chamomile Tea

Drinking chamomile tea is generally safe for most people. There have been reports of chamomile allergies, which are most likely to occur in individuals who are allergic to plants in the daisy family, such as ragweed and chrysanthemums [5].

Furthermore, cosmetic products that contain chamomile may be irritating to the eyes if they make direct contact with them. This may lead to conjunctivitis, which is inflammation of the lining of your eye.

It is also important to note that the safety of drinking chamomile tea has not been established in young children, pregnant or nursing women and people with liver or kidney disease.

Nevertheless, there have not been any reports of life-threatening adverse reactions or toxicity from drinking chamomile tea.

References

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