

Best Tea for the Flu

Sipping on hot tea is not only comforting while you have the flu but also helpful to your immune system, making your symptoms a little more manageable and helping you get over the flu faster. Drink tea often while you have symptoms or even throughout flu season as a preventive measure.

Green Tea

Green tea contains an antioxidant called quercetin and an amino acid called L-theanine that help your body fight the flu. These compounds are also found in black tea and oolong tea, which are processed from green tea. Quercetin has an anti-viral effect that has been shown to fight viruses causing the common cold. In a study published in the "Journal of Medicinal Food" in 2013, quercetin was found to inhibit the replication of a common cold virus in its initial stage of infection.

An 8-ounce cup of green tea contains 25 milligrams of caffeine, so be mindful not to exceed the daily amount of caffeine recommended by the American Medical Association, which is 200 to 300 milligrams.

Elderberry Tea

Elderberry is an herb used to treat respiratory infections. According to the University of Maryland Medical Center, elderberry tea contains compounds that reduce inflammation in mucous membranes, which can possibly alleviate nasal congestion. The tea is also purported to have anti-viral properties. Black elderberries boost your immune system and fight the flu.

Echinacea Tea

White reports that echinacea is another herb to take as a flu remedy because it has been found to reduce the severity of viral infections and even shorten the duration of infection. For best results, you need to drink echinacea tea as soon as you feel flu symptoms. If someone you live with catches the flu, it's a good idea to start drinking echinacea tea regularly.

Licorice Root Tea

If you have a particularly sore, scratchy throat, drink licorice root tea to help soothe it. It contains anti-inflammatory properties, which can reduce painful swelling in the throat. Licorice root also helps your body expel mucus from the respiratory tract. Best of all, it has a sweet, delicious flavor.

Excerpted from article at www.leaf.tv



Top Tea Picks for the Flu!

- Speedy Recovery
- Throat Therapy
- Elderberry Wine
- Minty Comfort
- Turmeric Bliss
- Lemongrass Ginger
- Double Ginger
- Cha Cha
- Chamomile
- Hibiscus
- Peppermint
- Ginger Black

Over a hundred white, green, oolong, pu'erh, black teas and herbal infusions to pick from!

