

When life gives you tea, make sure it has ginger in it.

Better Teas for Better Health



Image address: healthy-tea-blend
Alt text: A cup of hibiscus tea

No one ever says no to a strong cup of morning tea to kickstart the day. However, there is more to tea than just caffeine. Make sure your morning cup of tea is hot, fresh, flavourful, and has health benefits. Here are some of the options:

Peppermint tea

This is one of the most widely used herbal teas worldwide, largely because of its benefits for your digestive tract health. Other than that, peppermint tea is also known for a wide range of antiviral and antioxidant properties. [Studies also suggest](#) that peppermint oil—which may be an essential ingredient of the tea blend—can also help with the symptoms of nausea, indigestion, stomach ache, intestinal spasms, and irritable bowel syndrome.

Hibiscus tea

The hibiscus plant is known for a lot more than its colorful, vibrant, and lively presence. Just like the pinkish color of its leaves, hibiscus tea blends are also very flavourful and refreshing.

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You can enjoy hibiscus tea, both cold and hot, depending on how you like your teas. The refreshing and bold red color is also very visually pleasing to look at!

Speaking of the healthful properties, hibiscus tea is known to be a potent [antiviral](#) and particularly effective against several bird flu strains. [Studies also suggest](#) that hibiscus tea may also be beneficial for the symptoms of high blood lipid levels and high blood pressure. One particular study stated that taking hibiscus tea extract for six consecutive weeks resulted in a significant reduction in soccer players' oxidative stress. Hibiscus extract is also very rich in Vitamin C and can help you brighten your complexion and improve your skin's overall appearance.

However, we don't recommend taking hibiscus tea if you're already using aspirin or hydrochlorothiazide due to possible drug interaction.



Image address: healthy-tea-blend
Alt text: A cup of ginger tea

Ginger tea

Ginger is a miracle ingredient that has long been known for its disease-fighting and antioxidating abilities. Ginger tea is everything you need in a strong cup of evening pick-me-up—it's spicy, potent, flavorful, and great for the immune system.

Ginger stimulates your immune system by fighting inflammation. It's known to be an effective remedy for nausea and motion sickness, constipation, period pain, stomach ulcers, indigestion, and nausea induced by cancer treatments. Studies have proven that ginger's

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anti-inflammatory properties are just as effective as those of NSAIDs like ibuprofen. Besides, ginger supplements may also help with the symptoms of diabetes, and high blood lipid levels.

[According to a source by the BBC](#), ginger tea may also assist in your weight loss journey. It helps control your appetite and increases thermogenesis (body's natural heat production). Thanks to ginger's pain-relieving properties, it may also help with migraines and tension headaches.

Although you can consume ginger tea at any time of the day, we recommend serving yourself with this royalty early morning. This will help you ease your digestion throughout the day. You can also squeeze in a bit of lemon and honey to amp up the taste.

The good news is that TAL's ginger blast exclusive gourmet 100% organic custom loose herbal tea blend. This tea blend is hundred percent vegan and caffeine-free. It comprises ginger root, lemongrass, orange peels, cinnamon, fennel seed, spearmint leaf, and turmeric root. Shop now!