

# 10 unexpected benefits of TEA TRAFFIC may not be known to you

Please join us to find out 10 unexpected benefits of TEA TEA you may not know in the article below!

1. 7 ways to reduce cough symptoms due to effective smoking at home
2. 9 reasons you should drink some olive oil when you're hungry
3. 8 reasons you should give up the habit of drinking Coca-Cola every day

I - the author of the article is someone who loves the **earl tea - Earl Gray Tea** . During this tea drinking, I discovered a lot of benefits from it. So, I would like to share with you **10 unexpected benefits of the earl tea** . Invite you to watch!



## 1. Good for teeth

In the earl tea contains very high amounts of **catechin** , an antioxidant and prevents oral infections. **Fluoride** is also one of the ingredients of Earl Gray tea and is often found in tap water.

Fluoride also helps protect tooth decay. So if you don't like tap water, Earl Gray tea is a natural alternative to providing enough fluoride every day.

## 2. Improve digestion

Earl Gray Tea is also known as a substance that helps improve digestion. The tea of ??the earl supports digestion to help reduce indigestion, abdominal pain and nausea. Besides, it is also used to treat intestinal problems such

as worms. Because it supports the digestive process, it can also help you keep your body in shape.



### **3. Anti-anxiety and depression**

Earl Gray **bergamot essential oil** is known as a mental soothing agent, while improving a person's mood. This is due to the natural aroma of bergamot essential oil. In this way, Earl Gray tea is a natural solution for people with depression, stress and anxiety.

### **4. Energy supply**

Earl tea may not be a powerful push like coffee, but it contains enough caffeine to help you have an active afternoon without waking you up all night.



## 5. Anti-cancer

Earl Gray tea contains many **antioxidants** that help the body fight cancer-causing free radicals. Therefore, drinking this delicious drink can give you a great chance of avoiding such diseases.

Moreover, one thing to keep in mind is that antioxidants also help your skin look healthier and younger. Again, the earl tea works against free stem cells that can damage your skin.

## 6. Lose weight

Not surprisingly, one of the most popular uses of Earl Gray tea is **weight loss** . This is mainly due to its citrus essential oil extract. Therefore, many people believe that citrus fruit in general can help with weight loss.

It is thought that calories are broken down into nutrients for your muscles or released through natural metabolism. So instead of ice cream or sugar, try the lemon in your tea cup.



## 7. Preventing heart disease

Good news for you! Drinking three cups of Earl Gray tea every day can help you reduce your risk of heart disease. A study published in 2012 on Preventive Medicine found that people who drank three cups of black tea daily lowered their blood **triglyceride** levels and increased good **HDL cholesterol** after three months. The study participants also had increased levels of antioxidants against cellular free radicals.

Further research by Cantanzaro University in Italy also yielded positive results. The study of over 200 patients with high blood fat showed that LDL ( *also known as bad cholesterol* ) decreased 39% after one month using Earl Gray tea extract. It also reduced blood sugar to 22% and increased good cholesterol to 41%. Reducing blood sugar also suggests that **Earl Gray tea can be very beneficial for people with diabetes** .

## 8. Reduce stress



Unlike the use of coffee, Earl Gray tea helps to relax and soothe the body immediately. It also works to relieve stress while providing clarity and concentration like coffee. This makes it the perfect choice for those who do not want to be strongly stimulated from coffee.

## 9. Treating colds

The bergamot orange essential oil found in Earl Gray tea is believed **to improve the immune system** as well as treat fever. Thus, it is considered a remedy for natural colds.



## 10. Water supply

Of course, not just because you drink it with water.

Unlike dehydration properties of coffee and tea, it helps you to keep your body's water level fully and maintain fluid balance thanks to high potassium content.

*Author: Tegan Jones*

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Having fun!

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