



BACKYARD VALLEY
BENEFITS OF
CHAMOMILE TEA



Chamomile tea is prepared from a very gentle & supportive herb dried flowers (*Matricaria recuita*) and is known to boost immunity as well as reduce stress. It contains aromatic Chamazulene that smells slightly like an apple, that possesses anti-inflammatory, analgesic, and antispasmodic properties. We can reap the benefits of chamomile tea that are in abundance in both health and skin. Make sure to buy Chamomile Tea Online from a reputed source like Backyard Valley so that there are no added extra harmful additives in your tea. Here's a look at some helpful yet remarkable benefits of Chamomile tea.





Treats Insomnia

PROMOTES SLEEP & RELAXATION

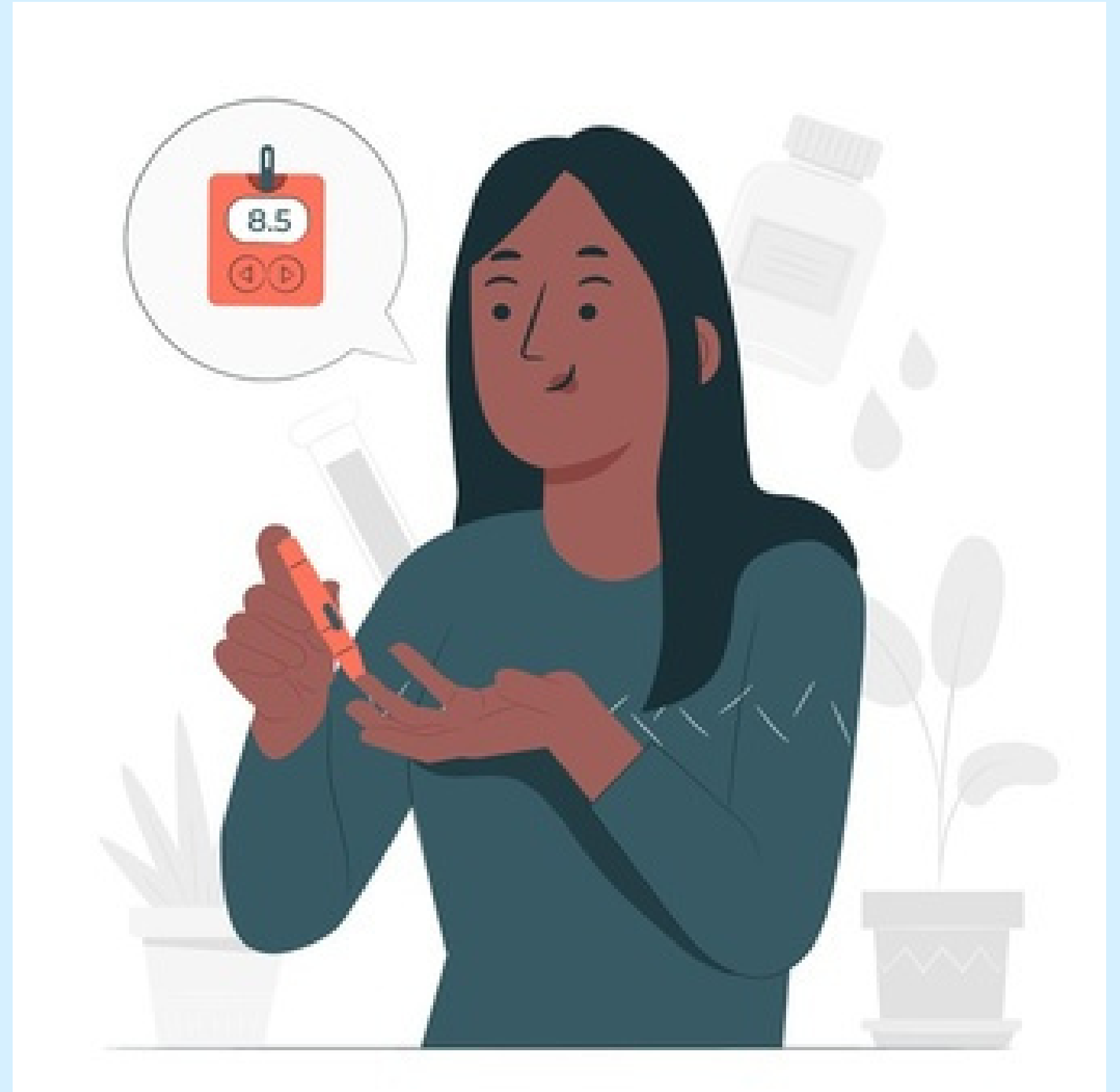
Chamomile tea contains apigenin, an antioxidant that relaxes nerves and soothes the nervous system, which binds to specific receptors in the brain that promote sleepiness and reduce insomnia or the chronic inability to sleep.



Treats Diabetes

BENEFIT BLOOD SUGAR CONTROL

Drinking Chamomile tea lowers blood sugar levels over eight weeks and helps prevent complexities emanating from the condition, including blindness, kidney disease, and nerve and circulatory damage. Its anti-inflammatory properties may help prevent any damage to the cells of your pancreas and enhance insulin sensitivity.





Soothes Stomach Ache

HELP WITH DIGESTION

Chamomile tea has antispasmodic properties that help reduce spasms within the body, including the stomach and intestines, and also contains sesquiterpene lactones compound, which triggers the pancreas to produce digestive enzymes needed to break down food and provides a calming effect on the body.



Treats Eczema

BENEFIT SKIN ISSUES

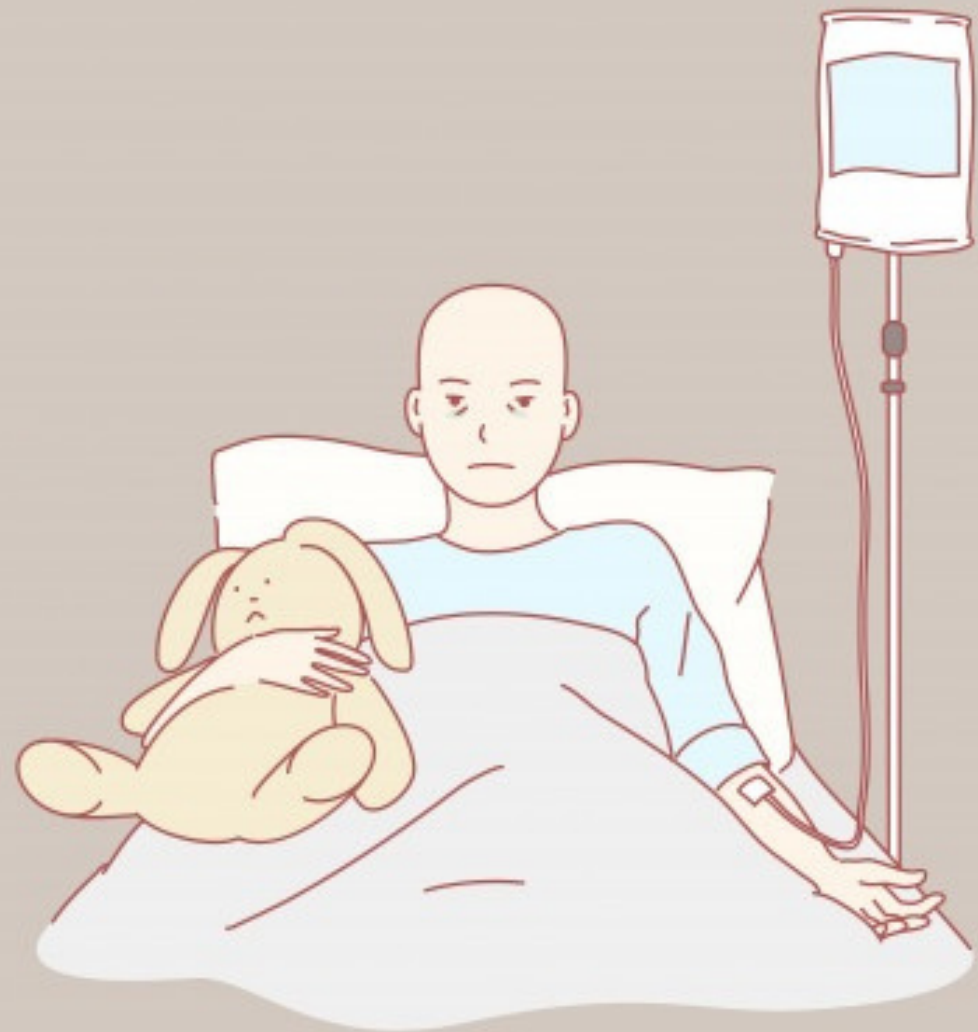
Chamomile tea helps treat mild skin irritations, including sunburn, rashes, sores, and even eye inflammations to some extent due to its antioxidant, soothing, and anti-inflammatory properties. Topical applications of chamomile are moderately effective in the treatment of eczema.



Prevent Cancer

HELP IN CANCER TREATMENT

Chamomile tea has antioxidant apigenin to fight cancer cells and help in protecting against certain types of cancer, especially those of the breast, digestive tract, skin, prostate, and uterus.



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