

10 Best Winter Teas to Fight Cold and Flu

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Online Desk: Winter brings chilly foggy weather. The plummeting temperatures and fluctuating weather conditions pave the way for seasonal illnesses. Many people suffer from common colds, coughs, sore throat, and flu during the cold months. However, nature has bestowed us with a remedy – herbal teas. These comforting brews warm the soul and offer relief from the common winter illnesses.

10 Teas for Relief from Cough and Flu this Winter

Peppermint Tea

Peppermint tea is renowned for its refreshing taste and soothing aroma. This tea can aid in combating colds. Its menthol content helps clear nasal passages and alleviate sore throats, offering a revitalising experience.

This herbal infusion holds various health benefits, including aiding digestion, reducing headaches, and promoting relaxation.

To brew, simply steep peppermint leaves in hot water for 5-10 minutes. Then strain, and enjoy the comforting warmth and healing properties of this invigorating tea.

Ginger Tea

The robust and spicy essence of ginger tea makes it an effective remedy against winter illnesses. Loaded with antioxidants and anti-inflammatory properties, it aids in alleviating nausea, reducing congestion, and boosting the immune system.

Its health benefits extend to aiding digestion, soothing upset stomachs, and providing relief from muscle soreness.

To prepare ginger tea, simmer sliced ginger in hot water for 10-15 minutes. Next, strain, and savour the potent blend of warmth and health-boosting elements in this invigorating brew.

Chamomile Tea

Chamomile tea is famed for its soothing nature. It offers a gentle yet potent remedy. Its anti-inflammatory properties not only alleviate throat soreness but also induce relaxation, aiding in improved sleep quality during illnesses. Health-wise, this tea can support digestive health, reduce anxiety, and may relieve menstrual discomfort.

For preparation, steep dried chamomile flowers in hot water for 5-10 minutes and allow the floral essence to infuse the liquid. It creates a comforting brew that soothes both body and mind.

Turmeric Tea

Turmeric tea is of a radiating golden hue. This tea is rich in anti-inflammatory and antioxidant prowess. It effectively eases sore throats, clears congestion, and fortifies the body's immune system. Its health benefits span from supporting joint health and reducing inflammation to aiding digestion and improving skin conditions.

To prepare, simmer grated turmeric root or powder in hot water for 10-15 minutes. After that add a dash of black pepper and a hint of honey for enhanced absorption and a touch of sweetness.



Green Tea

Green tea is celebrated for its abundant antioxidants and serves as a versatile elixir. It bolsters the immune system, diminishes inflammation, and fosters holistic well-being. Its health benefits encompass enhancing brain function, assisting weight management, and reducing the risk of chronic diseases.

To prepare green tea, steep green tea leaves in hot water (not boiling) for 2-3 minutes then allow the delicate flavours to infuse. It creates a revitalising brew. Embrace the wholesome goodness and rejuvenating qualities of green tea with every sip.

Liquorice Root Tea, Cinnamon Tea, Lemongrass Tea, Clove Tea, and Hibiscus Tea.

Liquorice Root Tea

The sweet and woody essence of liquorice root tea makes it a prime selection for calming sore throats and coughs. Its anti-inflammatory attributes alleviate respiratory discomfort, promoting relief. Its health benefits extend to supporting gut health, easing digestive issues, and potentially aiding adrenal health.

To prepare liquorice root tea, steep the dried liquorice root in hot water for 5-7 minutes, creating a comforting concoction.

Cinnamon Tea

Radiating warmth and aroma, cinnamon tea harbours potent antimicrobial properties, effectively battling infections. It assuages cold symptoms and offers a comforting feeling. Its health benefits span from regulating blood sugar levels and promoting heart health to possessing anti-inflammatory properties that aid in pain relief.

To prepare, first steep cinnamon sticks or powder in hot water for 10-15 minutes. Then allowing the spicy essence to infuse, it results in a delightful drink.

Lemongrass Tea

Lemongrass tea, enriched with a citrusy scent, delivers a revitalising and refreshing sensation. Its antibacterial attributes aid in combating infections, easing congestion, and alleviating cold symptoms. Its health benefits extend to relieving anxiety, promoting digestion, and potentially reducing cholesterol.

To prepare this tea, steep fresh or dried lemongrass in hot water for 5-10 minutes, allowing its zesty essence to infuse the liquid. Now, savour the invigorating aroma and potential health advantages of lemongrass tea with every rejuvenating sip.

Clove Tea

Clove tea, with its anti-inflammatory and antibacterial properties, offers relief from cough and sore throat. Its health benefits encompass aiding digestion, reducing oxidative stress, and potentially improving liver health.

To prepare, simmer cloves in hot water for 10-15 minutes, allowing the aromatic essence to infuse the liquid. Now savour the soothing warmth and potential health advantages of clove tea with each comforting sip.

Hibiscus Tea

Hibiscus tea, with its vibrant red hue, is abundant in vitamin C and antioxidants. Known for its immune-boosting properties, it helps to reduce high blood pressure. This herbal tea can also promote heart health while combating winter ailments. Its health benefits also extend to improving liver health, and aiding weight management.

To prepare, steep dried hibiscus flowers in hot water for 5-10 minutes, allowing its tangy, floral notes to infuse the liquid. You can then enjoy the immune-boosting potential and vibrant flavours of hibiscus tea with each invigorating sip.

Summing Up

Offering both relief and nourishment, these 10 herbal teas can serve as natural remedies to combat the common winter illnesses. Incorporating these immunity boosting teas into your daily routine can potentially ease symptoms and contribute to a swifter recovery during the cold and flu season.