

Spiced Tea Daily Promotes Good Health And Longevity

Drinking spiced tea for better health brings into picture a tea spiced with spices like pepper, ginger, cinnamon, cardamom, nutmeg, and cloves. Spiced tea or chai as it is more popularly known is prepared with a base of black tea. It could be prepared in various ways; the most common being brewing of tea leaves with spices. Spiced or masala tea could also be blended with milk and honey or sugar to make a sweet creamy beverage.



Spiced tea is very good for health; the spices added to this tea bring about various benefits that help to promote a good health. Talking about one of the main ingredient of spiced tea or chai we could say that the black tea, the main ingredient is full of antioxidants that provide a lot of protection to health. It is significant to find that black tea offers protection against bad cholesterol and cardiovascular diseases. Its antioxidant property also offers protection against cancer. Black tea has been observed to have certain anti-viral and anti-cancer properties.

It is interesting to observe that the other most used spice in spiced or masala tea is ginger; this spice has been found to be very useful in curing a sore throat, cold and other symptoms of flu. It is also been seen that ginger the important root that is used in Eastern medicine also helps to calm an upset stomach. It is still more significant to note that ginger is an invaluable spice that improves circulation of blood, reduces inflammation and boosts the immune system; it is especially useful for those that suffer from arthritis. Ginger has also been found to have antioxidant properties and it helps get protection from cancer.

Cardamom, the other important spice used in spiced tea has been long used in Tibetan medicine; this aromatic spice is said to support the immune system and to help for digestion. It is also important to note that the valuable cardamom helps to improve circulation, detoxify the body and to fight respiratory allergies. Cinnamon, a spice also used in spiced tea is a common stimulant; it helps in digestion and in balancing blood sugar. In addition it has also been found that cinnamon has antioxidant, antibacterial and anti-inflammatory properties.

Fennel, the spice that provides aroma to spiced tea has been found to be rich in antioxidants that provide protection against cancer. In addition fennel helps in treating flatulence; it is also significant to note that fennel also contains Vitamin C, potassium and fiber that is good for health. It is significant to note the health benefits of clove also used in spiced tea; clove is an invigorating spice that helps in better blood circulation. It is also good to note that cloves also aid digestion and have pain relieving properties; this spice is also well known for its anti-bacterial properties.

The last of the most used spice in spiced tea is black pepper; this spice affects our body metabolism by preventing the accumulation of fat. It is again significant to note that this spice aids digestion and has antibacterial and antioxidant properties.

Have you started drinking tea for better health?

To read detail about ***Spiced Tea***, visit

<http://www.ayushteastore.com/product/indian-spice-tea-masala-chai>

Company Name: Ayush Remedies

Company Info: Ayush Remedies is a dynamic company devoted to spread Ayurveda, the holistic life science worldwide. The company focuses on promoting good health through the goodness of nature. The company has played a pioneering role in re-establishing the ancient knowledge by making people aware of the wonders of Ayurveda, the ancient Indian health care system and the magical properties of herbs.

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