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Considered a remedy for almost any ailment by the Egyptians, chamomile tea is an herbal tea that has been drunk for hundreds of years and is popular in today's™s hectic 21st century.

Research in England has shown that this flavoursome tea can relieve a great variety of ailments, which supports the use of chamomile tea as an ancient remedy. Those who took part in this research study were found to have a large increase in their urinary levels of hippurate. This is a breakdown product of phenolics (plant based compounds), and some of these are associated with an increase in anti-bacterial activity. This evidence supports the theory that chamomile tea boosts the immune system, amongst its other potential benefits.

(Please note that there have been a limited number of studies on this subject, so this information is only meant as a guide, and is not a substitute for medical advice.)

### Chamomile-20 Potential Benefits

#### Anxiety & Sleep

1. Relieves anxiety – use lower doses
2. Relaxes the nerves – chamomile capsules can be used for mild to moderate sufferers of generalised anxiety disorder (GAD)
3. Promote sleep, helping insomnia – use higher doses

#### Colds & Throats

4. Helps chest colds
5. Helps sore throats
6. Fights infections associated with the common cold

#### Children's™ Conditions

7. Colic
8. Nappy rash
9. Chickenpox

#### Digestive Health

10. Helps gas
11. Stomach cramps
12. Irritable bowel syndrome

13. Diarrhoea

14. Indigestion – it is often found combined with peppermint to aid digestion

### Diabetes Management

15. It is being studied for its benefits in this area. There is one study which shows that drinking chamomile tea daily can prevent some of the potential diabetic complications.

### Haemorrhoids

16. Using chamomile in an ointment formulation was found in one study to be effective in treating haemorrhoids.

### Inflammation

17. Reduces inflammation

### Liver Function

18. It is thought to improve liver function. There are a few classical herbal formulas which include chamomile, fennel, peppermint, caraway and valerian. Some others include dandelion or milk thistle.

### Menstrual Cramps

19. It is considered to relieve menstrual cramps. The same study that showed the large increase in their urinary levels of hippurate, also showed an increase in glycine urinary levels. Glycine is an amino acid which has been proven to relieve muscle spasms and it is thought therefore, to relax the uterus, helping relieve menstrual cramps.

### Wounds

20. Using chamomile in a poultice and applying it to wounds to speed up the healing process was a method used by the Greeks, Romans and Egyptians. A study showed that the healing times are faster.

### Chamomile Tea – Who Should Avoid It

1. Pregnant women or those who hope to be pregnant are better off avoiding chamomile tea. It can increase the chance of spontaneous abortion/miscarriage as it acts as a uterine stimulant.
2. Some people may have an allergic reaction to it and if you are already aware of a reaction to aster, daisy, ragweed, marigold, or chrysanthemum, which are from the same family, then it is probably best to avoid it. Allergic reactions can include anaphylaxis, which is a very serious allergic reaction which can cause death in some cases.
3. Sufferers of blood disorders or people who have been prescribed blood thinners should not drink chamomile tea and should avoid chamomile generally. It can increase their chance of bleeding, as it contains coumarin.

### Some Cool Chamomile Facts

Do you know which flower family chamomile belongs to?

Chamomile tea comes from *Matricaria Recutita*, which is part of the sunflower family.

Which much loved children's book character drank chamomile tea?

Peter Rabbitâ€™s Mum gave chamomile tea to him after he had eaten too many vegetables from Mr. McGregorâ€™s veggie garden!

What are the two common types of chamomile?

Roman chamomile (*Chamaemelum nobile*) is also beneficial, although up to now the majority of research has been done on German chamomile â€“ *Maticaria Recutita*.

Chamomile Tea â€“ My Personal Experience

Our bodies are really amazing when we trust in them and let them guide us to choose what our system needs. We donâ€™t do it all the time, but when we do, it can be surprising how quickly improvements can be seen.

For example, recently I had a nasty throat and chest infection and even though I have been a confirmed coffee addict for more years than I care to remember, I started drinking chamomile tea. My body, which normally needs a super strong caffeine injection to get going each day, felt repulsed at the idea of drinking coffee and wanted to drink chamomile tea.

Can I say that the chamomile tea helped my recovery? I certainly felt like there was some detoxification happening, however it is impossible to be sure. But I had an exceptionally speedy recovery and I was a calmer patient than if I had been drinking coffee....thatâ€™s for sure. Now the plan is to continue drinking this fragrant, wonder tea!

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So now that you know more about chamomile, you may like to know of nice places where you can drink it. If you wish to try a [chamomile tea](#), in a relaxing, friendly environment; then why not go to a [Victus Restaurants Harrogate](#). Thereâ€™s a feel good factor at the restaurant and lots of other tempting food and drinks on the menu.

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