4 Chamomile Tea Benefits

Hello [[firstname]],

There are a lot of benefits of the chamomile herb, as you learned in today’s blog post.

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Here are some benefits of drinking chamomile tea specifically.

**1. It Helps With Your Stomach Ache**

Chamomile tea also happens to be excellent for indigestion and other stomach problems. If you are someone that frequently gets stomach aches and you’re not really sure what the cause is, it is hard to figure out what you can eat or drink. Chamomile tea is very soothing and natural, so most people find that it relieves their stomach instead of making matters worse.

**2. You Will Sleep Better**

Another major reason you should start drinking chamomile tea in the evening is because it is wonderful for helping you sleep. You may have nervous system problems leading to your insomnia, or may have issues like anxiety or stress that are leading to lack of sleep. The great thing is that not only is chamomile itself soothing your nervous system so that it makes you feel relaxed and tired, but it helps with the anxiety and stress likely causing your insomnia in the first place.

**3. Chamomile Can Treat Bowel Problems**

If your stomach problems aren’t really from what you are eating or drinking, but from a bowel condition, it can help with that as well. Specifically, chamomile tea has been shown to have a positive effect on irritable bowel syndrome. The recommendation is to have at least 1-2 cups of chamomile a day, preferably during times when your IBS is usually worse, whether that is morning and night, or following a meal.

**4. It Helps With Your Skin**

Chamomile tea can also help give you healthy, glowing skin with less acne. It is also good for reducing redness caused by skin conditions like eczema. If you have bad allergies, it is great for you to reduce those allergies and ease up on the look of your skin, since chamomile has both antiseptic and anti-inflammatory properties.

Don’t forget to check out tomorrow’s blog posts and email all about natural health remedies.

[sign off]