Name _____

## Sipping Wellness: Exploring Herbal Teas and Their Health Benefits

**Short Answer**

1. What is one potential health benefit associated with chamomile tea?

2. Name a herbal tea known for its ability to alleviate symptoms of nausea and indigestion.

3. What is one potential wellness benefit of lemon balm tea?

4. Which herbal tea is commonly consumed to support immune system health?

5. What is one potential health benefit of echinacea tea?

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