

Name \_\_\_\_\_

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

### Short Answer Key

1. One potential health benefit associated with chamomile tea is promoting relaxation and improving sleep quality.
2. Peppermint tea is known for its ability to alleviate symptoms of nausea and indigestion.
3. One potential wellness benefit of lemon balm tea is its ability to relieve stress, anxiety, and promote better sleep.
4. Echinacea tea is commonly consumed to support immune system health.
5. One potential health benefit of echinacea tea is strengthening the immune system.

