

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Ginger tea contains compounds like gingerol and shogaol, which have anti-inflammatory and digestive properties. For example, ginger tea may help reduce nausea by calming the stomach muscles and speeding up the emptying of the stomach contents, providing relief from symptoms of indigestion.
2. Lemon balm tea may help relieve stress and anxiety due to its calming effects on the nervous system. Its ability to promote relaxation and improve sleep quality makes it a beneficial beverage for overall mental well-being.
3. Echinacea tea is often consumed during cold and flu season because it contains compounds like alkylamides and polysaccharides, which have immune-boosting properties. By stimulating the activity of immune cells like macrophages and increasing the production of cytokines, echinacea tea may help the body fight off infections more effectively.
4. Peppermint tea contains menthol, which acts as a natural decongestant and muscle relaxant. By opening up the airways and soothing irritated nasal passages, peppermint tea may help alleviate symptoms of headaches and nasal congestion associated with colds or allergies.

