



Surprising Benefits Of

PEPPERMINT TEA

For Nursing Moms

Helps in preventing **nipple pain**



Has antiviral and **antimicrobial properties**



Rich in **antioxidants**



Has a relaxing effect on **gastrointestinal issues**



Helps calm the **nervous system**



Relieves **constipation**



Helps provide relief from **migraines**



References:

- 1)Effect of peppermint water on prevention of nipple cracks in lactating primiparous women: a randomized controlled trial; International Breastfeeding Journal
- 2)A review of the bioactivity and potential health benefits of peppermint tea (Mentha piperita L.); NCBI
- 3)The Hidden Health Benefits of Tea; Penn Medicine