

Peppermint Tea For Chest Congestion

I've been using this method for more than 20 years to ease chest congestion. I used to get a lot of sinus infections every year, and they would inevitably lead to the infection gravitating into my chest. Drinking peppermint tea helped to ease the discomfort from the chest congestion.

Peppermint is a natural muscle relaxant, so drinking peppermint tea is just helping to relax those muscles that have tightened from all the coughing and sneezing. With some experimentation, I found that using 2 bags of peppermint tea to brew a single cup of tea did the best job for me. If my throat was also sore (especially from the sinus infections), I would add honey and lemon to soothe my throat at the same time as the tea relaxed the tight chest muscles.



About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!

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