

La-TEA-Do

**The information below is a quick overview of possible health benefits attributed to each ingredient. For more information, precautions and possible side effects, please click on the links provided.*

Licorice Root (*Glycyrrhiza Glabra*)

While there are species that grow in the U.S., *Glycyrrhiza glabra* is primarily native to Europe and Asia. In Chinese medicine, anti-inflammatory licorice root has been used for centuries for many of the same uses that science has confirmed now — coughs and colds, gastrointestinal issues, and female reproductive issues.

Europeans didn't ignore the benefits of licorice as supplement, either. Licorice root has documented uses from antiquity, from ancient Greece and Rome to the Middle Ages and beyond. By the 20th century, manufacturing allowed the root to be stripped for pharmaceutical uses and then extracted for candy sweetener.

Licorice root benefits a sore throat or cough immensely as an effective expectorant, helping to loosen and expel mucus that the cough is trying to eliminate. Its soothing demulcent, anti-inflammatory properties can bring fast relief for sore throat. Demulcents need to make contact with the part of the body that needs to be soothed, so extracts in cough drops and syrups, as well as tea, are most effective.

<https://draxe.com/licorice-root>

Marshmallow Root (*Althaea Officinalis*)

Marshmallow is a plant native to Africa and parts of Europe that's used to make an herbal treatment that's been utilized

for centuries. Marshmallow root has a very long history in folk medicine that goes back to ancient Greek and Egyptian times. Over 2,800 years ago, references to marshmallow root were made in Homer's "Iliad," since at the time this "slippery" herb was a popular way to treat coughs, sore throats and congestion.

One of the reasons marshmallow candies got their name is because of the "fluffy" qualities of marshmallow root. Fibrous extracts from marshmallow swell up in the body and form a soft, gel-like substance. Today, marshmallow is still used by holistic practitioners in many of the same ways it was thousands of years ago, since within the plant lay powerful active ingredients that help break up mucus, reduce inflammation and kill bacteria naturally.

For anyone suffering from a sore throat, cough or cold, marshmallow root can be taken orally to reduce pain, swelling and congestion. Its antitussive properties and mucilage abilities allow it to decrease irritation of the throat, reduce swelling in the lymph nodes, speed up healing time and reduce aggravating dry coughing. It also seems to help stop the urge to cough and facilitates with the process of producing more saliva, allowing it help reduce symptoms of dry mouth.

<https://draxe.com/marshmallow-root>

Echinacea Root (*Echinacea Angustifolia*)

Echinacea is a native North American coneflower that was discovered and used as a traditional herbal remedy for more than 400 years by the Great Plains Indian tribes. Technically classified as an herb, several species of the echinacea plant are used to make medicine from its flowers, leaves and roots. Prior to 1950 and the introduction of antibiotics, echinacea held an esteemed medicinal status. As the health care industry shifted, antibiotics became the rage, and the now famed herb lost much of its esteem.

Echinacea is an especially effective natural pain reliever for many types of illnesses including pain associated with headaches and sore throats. The University of Connecticut performed a meta-analysis study and determined that Echinacea cuts the chances of catching a common cold by 58 percent and reduces the duration of the common cold by almost one-and-a-half days. The take home message from the study is that echinacea does indeed have powerful cold prevention and cold treatment benefits.

Because of its immune-boosting and anti-inflammatory effects, echinacea can be used to relieve many upper respiratory symptoms including acute sinusitis, all flu's, asthma, common cold and strep throat.

<https://draxe.com/echinacea-benefits>

Cinnamon Bark (*Cinnamomum Cassia*)

Cinnamon has been harvested from the inner bark of trees called Cinnamomum trees for thousands of years. The use of cinnamon dates back as far as 4,000 years ago to Ancient Egypt. Cinnamon was considered a very valuable and rare spice at this time, frequently being sold at very high costs and given to royalty as gifts or signs of devotion. Cinnamon was also mentioned in the Bible numerous times and was noted for its ability to fight illnesses.

Today, cinnamon is made by cutting the stems of the cinnamomum tree and removing the inner bark, which curls up into cinnamon sticks. These sticks are then ground to make powdery cinnamon spice that is sold and used across the world. According to researchers, out of twenty-six of the most popular herbs and medicinal spices in the world, cinnamon actually ranks #1 in terms of its protective antioxidant levels.

There are many benefits of cinnamon when it comes to defending the body from illnesses. Cinnamon is a natural anti-microbial, anti-biotic, anti-fungal, and anti-viral agent. The immune-boosting abilities of cinnamon are found in cinnamon's

essential oils. Cinnamon is used in many cultures to naturally help fight harmful infections and viruses. Cinnamon oils have protective abilities against various bacteria that can cause negative symptoms in the digestive tract, on the surface of the skin, and can lead to colds or the flu.

Studies have concluded that those with allergies can find relief thanks to the benefits of cinnamon's compounds. Cinnamon has been shown to be helpful in fighting common allergy symptoms because it reduces inflammation and fights histamine reactions in the body. For the same reason it can also help to reduce symptoms of asthma attacks.

<https://draxe.com/health-benefits-cinnamon>

Peppermint Leaves (*Mentha Piperita*)

Not only is peppermint one of the oldest European herbs used for medicinal purposes, other historical accounts date its use to ancient Chinese and Japanese folk medicine. It's also mentioned in Greek mythology the nymph Mentha was transformed into an herb by Pluto who had fallen in love with her and wanted people to appreciate her for years to come. The health benefits of peppermint have been documented back to 1,000 BC and have been found in several Egyptian pyramids.

Peppermint gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically. It also has antimicrobial properties so it can help freshen bad breath and soothe digestive issues.

Peppermint acts as an expectorant and has the ability to open your airways and act as a decongestant. It can oftentimes immediately unclog your sinuses and offer relief to scratchy throats; it may provide relief for colds, cough, sinusitis, asthma, and bronchitis.

Peppermint (oil) is highly effective at relaxing muscles in your nasal passages and can help clear out the muck and pollen during allergy season. Diffusing peppermint along with clove oil and eucalyptus oil can also reduce allergy symptoms.

<https://draxe.com/peppermint-oil-uses-benefits>

Lemon Balm (*Melissa Officinalis*)

The perennial lemon balm plant is a member of the mint family. Known officially as *Melissa officinalis*, it is sometimes referred to as common balm or balm mint. Its native home is in the more southern parts of Europe and various parts of the Middle East and Central Asia, but it's now grown regularly in the Americas and various other locations around the world. Various lemon balm uses have been employed in traditional medicine, especially in European countries such as Austria. In fact, lemon balm is an ingredient in Carmelite water, an alcoholic extract beverage formulated in the 14th century that's still for sale in Germany. It's said to be useful in treating headaches and nerve pain.

Lemon balm has antibacterial, anti-inflammatory and antioxidant properties. These properties often operate in ways that circumvent the normal resistances that illnesses form to many medications and remedies.

Lemon balm has been used for centuries. It's noted for its positive effects on those who use it, like a noticeable improvement in mood.

<https://draxe.com/lemon-balm>

Lemon Peel (*Citrus x limon*)

The lemon is a small evergreen tree native to Asia and originated in the Indus Valley. Lemons have been in cultivation around the Mediterranean from as early as the first century A.D. Lemon trees produce fruit all year round. The trees can produce between 500 and 600 pounds of lemons in a year. California and Arizona produce 95% of the entire U.S. lemon

crop.

Lemons are a favourite all over the world and an essential food in kitchens around the world.

Lemons are alkalizing for the body; they are acidic to begin with, but they are alkaline-forming on body fluids helping to restore balance to the body's pH.

Lemons are rich in vitamin C and flavonoids that work against infections like colds and flus.

<http://www.realfoodforlife.com/16-health-benefits-of-lemons-the-alkaline-powerfood>

Orange Peel (*Citrus × sinensis*)

Orange peels contain more than 60 types of flavonoids and over 170 different types of phytonutrients, in addition to being rich in various types of pectin, vitamins, minerals and fibre.

Orange peel provides excellent support against respiratory distress and is also found to be effective for treating asthma. It exerts a lung cleansing activity, by playing a vital role in breaking down and expelling congestion (phlegm). It also contains high levels of histamine, reducing compounds and antioxidants, which help in relieving various respiratory complications like bronchitis, cold, flu and lung cancer.

<http://www.thehealthsite.com/fitness/healthy-food-fitness/top-7-health-benefits-of-orange-peel>