

☐ Soothing Ginger Cinnamon Menstrual Cycle Comfort Tea

Warm up with this cozy tea made with ingredients that may help support menstrual comfort and relaxation.

Why You'll Love This Tea

If menstrual cramps have you reaching for the heating pad, this soothing tea is the perfect companion. Made with fresh ginger, cinnamon, lemon, and honey, it's naturally caffeine-free, comforting, and packed with ingredients that may help support menstrual comfort while keeping you hydrated.

Ingredients

- 2 cups water
- 1-inch piece fresh ginger, peeled and thinly sliced
- 1 cinnamon stick (or $\frac{1}{2}$ teaspoon ground cinnamon)
- Juice of $\frac{1}{2}$ lemon
- 1 teaspoon honey (optional)
- 1 chamomile tea bag or 1 teaspoon dried chamomile flowers (optional)

Instructions

1. Bring the water to a gentle boil.
2. Add the sliced ginger and cinnamon stick.
3. Reduce the heat and simmer for 10 minutes.
4. Remove from the heat and add the chamomile tea bag (if using). Steep for 5 minutes.
5. Strain the tea into your favorite mug.
6. Stir in the fresh lemon juice and honey.
7. Serve warm and enjoy.

Why These Ingredients?

☐ **Ginger**

Ginger has been studied for its potential to help reduce menstrual pain in some women and also adds a warm, comforting flavor.

☐ **Chamomile**

Chamomile is naturally caffeine-free and may help promote relaxation. Some studies suggest it may also help ease menstrual discomfort.

☐ **Cinnamon**

Cinnamon contains antioxidant compounds and has been researched for its potential role in supporting menstrual comfort.

☐ **Lemon**

Lemon adds a bright citrus flavor and provides vitamin C.

☐ **Honey**

Honey naturally sweetens the tea and adds a soothing touch.

Nutrition Facts (Approximate Per Serving)

- Calories: 25
- Protein: 0 g
- Carbohydrates: 7 g
- Fiber: 0 g
- Fat: 0 g
- Sodium: 5 mg

Women's Health Tip

Enjoy this warm tea with a heating pad, gentle stretching, or a short walk if you feel up to it. These habits, along with staying hydrated, may help you feel more comfortable during your menstrual cycle.

Note: This tea is intended to support comfort and hydration—it is not a cure for menstrual cramps. If you experience severe menstrual pain, very heavy bleeding, or symptoms that interfere with your daily activities, consult a healthcare professional to determine whether an underlying condition such as endometriosis, adenomyosis, or fibroids may be contributing to your symptoms.