

Osmanthus

Sweet Olive



Osmanthus fragrans, variously known as sweet osmanthus, sweet olive, tea olive, and fragrant olive, is a species native to Asia from the Himalayas through South China to Taiwan, southern Japan and Southeast Asia as far south as Cambodia and Thailand.

Osmanthus tea is a very popular tea in China and it has a mild fruity and sweet taste. This tea has another important property; it is very good for you and has many health benefits. It can help you with weight loss, it reduces stress, lowers blood pressure, improves circulation, digestion, helps with arthritis, insomnia, menstrual pain, digestion, and it is caffeine free!

Osmanthus fragrans is also known as tea olive or sweet olive. It's regionally native to China, The Himalayas, Taiwan, and it has definitely embedded itself in their culture and there's a very good reason why this flower (or herb) is so popular. The tiny white flowers on this plant give off an amazing aromatic scent and that's one of ripe apricots and peaches, and it smells amazing! That is the reason why osmanthus flowers are the ingredient in many of the finest perfumes and teas in the world.

1. Osmanthus Tea Helps with Weight Loss

Research has shown that osmanthus tea has the ability to suppress your appetite. It slows down the activity of chemicals in your brain that make you feel hungry. So if you're trying to lose weight but have trouble suppressing your appetite, a cup of osmanthus tea can help you with that. You will eat less, and as result the weight will go down.

2. It Reduces Stress Levels

The most important vitamins to reduce stress are called the B vitamins. B vitamins help our brain to produce the right balance of chemicals that will lower our stress levels and help us adapt to the stress in our lives much more fluidly. Osmanthus tea contains vitamin B3 called niacin. That is why osmanthus tea is an amazing natural remedy for dealing with stress and stressful situations. It will keep you calm and relaxed throughout the day.



3. Will Lower Your Blood Pressure

Many people suffer from high blood pressure and are taking drugs to thin their blood and lower their blood pressure. Anybody who has high blood pressure and thick blood has a deficiency of niacin. Osmanthus tea is a natural way to thin your blood to the normal amount because it contains niacin, also known as vitamin B3.

4. Sweet Olive Tea is Caffeine Free

This tea is caffeine free which is great for people who gave up caffeine. Many people today are replacing coffee and other beverages that contain caffeine for caffeine free drinks. You can drink osmanthus tea before bedtime and it won't keep you up, it actually has a mild sedative effect and it can help you fall asleep much quicker.

5. Osmanthus Improves Circulation

Another great benefit of vitamin B3 which is found in **osmanthus tea** is that it improves circulation. All of your circulation is regulated by vitamin B3. Circulation is very important because if you don't have proper circulation, you're not getting oxygen to your cells, your energy levels are going to be low and your brain is not going to get what it needs to function properly. Drinking osmanthus tea will provide you with vitamin B3 and improve your circulation. It will also give you an energy boost.



6. Helps with Arthritis

Arthritis is joint inflammation and there are many different types of arthritis. It is most commonly occurs among older people, but it can also develop in younger adults and even children. Osmanthus tea may help the body open up blood vessels like those surrounding the joints. That can help with arthritis and soothe joint pain, stiffness and swelling.

7. Helps with Insomnia

Osmanthus tea has a mild sedative effect and can help you if you have problems with not being able to fall asleep or waking up during the night. Insomnia is really bad for your health and it lowers your body and brain function. So having a good night's sleep is very important for maintaining good health and a functioning on a normal level. Drinking this tea before you go to bed will relax your mind and body and help you fall asleep quicker.

8. Osmanthus Tea Relieves Menstrual Pain

Most women suffer from mild to severe menstrual pains in the abdominal area. Stomach pain and cramps can be very uncomfortable and unpleasant and unfortunately women have to deal with those every month. Osmanthus tea is an excellent natural remedy that relieves stomach pain and it can also help with other menstrual symptoms like bloating and gassiness.

9. Helps Digestion

Another great health benefit of osmanthus tea is that it can help improve your digestion. Indigestion is very common and most people experience it at some point. It is usually felt as discomfort or pain in the stomach area and often occurs after eating or drinking. Drinking osmanthus tea can help with the symptoms of indigestion that include stomach pain, constipation, bloating, gassiness, diarrhea, and heartburn.

10. Use Osmanthus Tea as a Natural Mouthwash

Many people have a problem with bad breath, especially if they're coffee drinkers. That can be very unpleasant and although there are many products for that, osmanthus tea is as a natural mouthwash and will get rid of bad breath. You can use this tea as a mouthwash in the morning and it will prevent bad breath just as effectively as other products.

11. Olive Tea is Good for Your Skin

It's no wonder that many skin products contain osmanthus because it is very beneficial for your skin. If you drink this tea on a regular basis, your skin will get the moisture it needs. Your skin will also look more youthful, less pale, and have less blemishes.

12. It Also Treats Allergies

If you're having bad allergy problems, osmanthus tea is an amazing natural remedy that can help you. It has an anti-allergic effect and clears mucus and congestion in your throat and helps you breathe more easily.

