

BENEFITS AND SIDE EFFECTS OF HERBAL TEA FOR TODDLERS AND PRESCHOOLERS



Benefits



Relieves
stuffy nose



Eases nausea, sore
throat, cough, and
motion sickness



Cures hiccups



Eases gas pain
(flatulence)



Has an
anti-inflammatory
effect

Side Effects



Vomiting



Insomnia



Heartburn



Restlessness



Complicate certain
illnesses, such as
liver diseases

References

1. Catnip: Its uses and effects, past and present; Canadian Veterinary Journal
2. Ginger on Human Health: A Comprehensive Systematic Review of 109 Randomized Controlled Trials; Nutrients; MDPI
3. Chamomile: Use in Pregnancy and Pediatrics; Journal of American Herbalist Guild
4. Home Remedies to Soothe Your Child's Cold; Children's Hospital of The King's Daughters
5. The growing use of herbal medicines: issues relating to adverse reactions and challenges in monitoring safety; Frontiers in Pharmacology
6. Green Tea; LiverTox