

# CHAMOMILE

## BENEFITS & SIDE EFFECTS



BLACKLEAVES

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## - MEET THE AUTHOR -



Hi, my name is Anthony and I founded Black Leaves to help you achieve your health goals. My Thai mentor Anong showed me a different perspective to life and health, sickness and healing.

After helping my mum with her weight problem, I wanted to start a company that could go beyond just making money. At Black Leaves our mission is to treat you like family, providing top quality products that will help you balance your fitness goals, aid healthy eating and achieve an overall sense of well-being – as well as taste delicious!

Anthony Loggia, C.E.O.



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# – ABOUT BLACK LEAVES –

## Losing Weight Should Not Be A Full-Time Job....



But for a long time, it felt like that for Anthony's mother, Mary. That is, until her son figured out how she could lose weight in a healthy and sustainable way. Finally, she stopped feeling so hopeless and frustrated.

This is why Anthony founded Black Leaves: to support everyone who wants to achieve their health goals while continuing to do what they love.

Anthony Loggia created his first herbal blend inspired by the challenges his mother faced during her life.

When Mary was 37, she started to have health problems, caused by long working hours, stress and pressure, which led her to consume an excessive amount of coffee and unhealthy snacks.

In only 12 months, she gained over 20 kilos. Going from 65kg to 85kg, Mary started to feel self-conscious about her appearance and avoided going out, neglecting the most important things in her life: love, family and friends.

She spent the following ten years trying to lose weight, trialling many different diets, without achieving any real results.

Then, one day, during a trip in Thailand, Anthony had an argument with his girlfriend and he jumped on his motorbike and left. While he was driving around without a clear destination, he saw a local guide who was attempting to replace a flat tyre on the side of the road. He decided to stop and help her, and while they were chatting, the lady (whose name is Anong) noticed how frustrated Anthony was.

She started to explain to him the negative effects accumulated toxins can have in the body. To thank him for his help, she offered him a pack of tea, a calming herbal blend. As they said goodbye, Anthony promised her that he would try it out...

And try it out he did!

It was the first time in years that Anthony felt so relaxed and light-hearted. He started to wonder whether there were other herbs that could be used to help his mum get back into shape. With the guidance of his mentor Anong, he designed his first unique weight loss blend that, in only six months, brought his mum back to her original weight.



Impressed by the power that the right food and beverage can have on someone's mental and physical health, Anthony started to research the ways in which herbs can improve overall health and wellbeing. After all, herbs have been used for medicinal purposes for thousands of years, and for good reason!

By researching different varieties, they created a selection of blends to help others resolve their health issues such as unwanted weight or obesity, stress and anxiety and lack of energy.

For example, their NewMe 28 program includes a perfect combination of herbs to maximise weight loss.

Since then, more and more women around Australia have been using these blends to turn their lives around, making Black Leaves one of the most loved boutique tea-sellers in Australia.

Anthony and the Black Leaves team couldn't be happier that their carefully-curated products are making such a positive difference in people's lives.



MAKE A HEALTHY CHANGE FOR LIFE, SET YOUR GOALS & SMASH YOUR CHALLENGES!



## ORGANIC CHAMOMILE TEA

- Deep sleep
- Reduces stress
- Soothes stomach ache
- Treats Insomnia

[LEARN MORE](#)

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# – INTRODUCTION –

Chamomile tea is one of the most popular herbal teas in the world as it not only has a unique, delicate taste however also brings an array of benefits for you to feel happier and healthier.

This small, daisy-like flower is one of the oldest herbal remedies which still retains popularity to this day and known to help induce quality sleep, assist with depression, and even ease menstrual pain.

Over the years scientific studies have brought the use of chamomile up from being a mere 'old wives' tale' to a highly understood and seriously recommended addition to your tea collection – read on to discover more – benefit number ten may surprise you!

# - THE CHAMOMILE PLANT -



Chamomile tea is usually made using the flower head itself, part of the Asteraceae plant family.

This is the same plant family to which daisies belong, and if you compare the two plants, you will find they look very similar and also both grow quite rapidly.

The plant's abundance is one major factor that has added to its popularity over the millennia.

Chamomile is so popular globally it has several names, including; Roman

chamomile, *chamaemelum nobile*, *anthemis nobilis*, mother's daisy, German chamomile, blue chamomile, whig plant, garden chamomile, or even ground apple, named thus due to its flavour and scent undertones akin to apple.

In fact, the word chamomile comes from the Greek word *chamaimelon* which translates to "earth-apple".

The plant can be harvested 2-3 times each year to provide flowers for making tea and used immediately, however it should be noted they contain a high percentage of water, around 80%, and therefore should be dried for long-term storage.

## – SCIENTIFIC PROOF –

Aside from the delicious flavour, chamomile has remained popular because of its medicinal properties.

Scientists have closely studied the plant for decades and have so far identified over 120 different compounds in the flower which have therapeutic benefits for humans.

As a result, scientific interest in the plant has only increased over the years and in some countries, such as Germany, chamomile can be prescribed by your doctor to treat gastrointestinal, digestive, or stress issues.

The plant is proven to contain antioxidants as well as antibacterial and antimicrobial properties that can have a considerable beneficial impact on your health.

We've defined all the benefits of chamomile below.

## – 1. HELPS YOU SLEEP –

Chamomile is famous and loved for its sleep-inducing properties.

Besides the fact that studies have shown that drinking a caffeine-free warm drink before bed can help you relax, chamomile goes one step further because it contains a substance called apigenin.

Apigenin blocks neuroreceptors in your brain. Specifically, it binds to the GABA receptors, which has a relaxing effect on your body.

These same receptors react when you take anti-anxiety medication or sedatives; chamomile is effectively nature's sedative.

Research suggests that the apigenin takes 45 minutes to metabolize through your body and begin affecting your brain. Studies show that drinking chamomile tea before bed can help you fall asleep, and 15 minutes quicker than usual.

There are also studies that have measured the quality of sleep after having drunk chamomile and not surprisingly conclude that there is a substantial increase.

Apigenin may counter the detractors of quality sleep – stress, nightmares and depression, assisting you to rest and recharge properly.

Chamomile tea is so widely used and known for its benefit regarding high quality sleep that some studies even found that we now associate the taste and smell of chamomile so closely with sleepiness that, for some people, a placebo effect takes place whereby they feel sleepy because they believe you should.

### **SUMMARY**

**Scientific studies have found that chamomile can not only make you fall asleep quicker than usual it can also improve the quality of your sleep because it reacts with certain receptors in your brain.**

## - 2. BEAT ANXIETY -

3.2 million Australians suffer from anxiety every day, and one answer is right here.

As mentioned above, chamomile tea helps promote quality sleep because of its ability to prevent anxiety, stress, and depression.

After this connection was initially made, scientists began to look more closely at chamomile's antidepressant properties finding naturally occurring anxiolytics or compounds that can be used to treat anxiety and depression.

The flavonoid also found in chamomile has shown to be helpful as an antidepressant.

It's thought this flavonoid binds with nerve receptors in the brain to regulate the amount of adrenaline, dopamine, serotonin, and amino acids. This effectively stops your brain from overthinking and signaling to the rest of your body that you feel stressed.

However, studies found the effect was not strong enough to combat feelings of extreme stress or anxiety and, due to its ability to stop certain signals in the brain, scientists are conducting more studies to see if chamomile could be enhanced or added to medications to help treat other neurological conditions as well as PTSD, psychosis, stress and panic disorders, and substance dependence.

Due to the antidepressant and anti-anxiety compounds in chamomile being naturally-occurring, it is preferred by many as a long-term treatment in place of synthetic drugs.

Chamomile can be safely consumed several times a day if necessary.

Studies have also shown that the very act of preparing and enjoying tea can help calm someone with anxiety who feels the need to keep their hands busy.

Pausing and taking a moment to drink a cup of chamomile tea can be more calming and therapeutic than taking a pill.

## **SUMMARY**

**Chamomile can block certain specific nerve signals in the brain. This makes it effective against depression, anxiety, stress disorders, PTSD, and other nervous conditions.**



## - 3. MOOD SWINGS -

Because chamomile has been successfully shown to block receptors in the brain triggering stress as well as regulate certain chemicals, it is very popular among women experiencing hormonal fluctuations.

The mood swings and irrational anger and sadness felt by some women each month are caused by an unstable level of hormones in the body.

The same compounds in chamomile which prevent stress, depression, and anxiety, block signals from certain hormones to your brain.

Not only will chamomile regulate the chemicals in your brain so your mood will be more consistent, but you are more likely to settle in a consistently positive attitude than a negative one.

The antidepressant properties can prevent sadness, while regulating of cortisol will prevent angry outbursts and stress. Chamomile is also effective at blocking the COX enzyme, which means you will feel less pain or discomfort and won't feel so tense.

Scientific studies show that when drunk regularly, chamomile can help reduce mood swings brought on by the menstrual cycle and promote a calmer attitude.

### **SUMMARY**

**Chamomile will regulate the hormones during menstruation, meaning fewer mood swings and an improved attitude.**

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