Passionflower tea is a natural tranquilizer!

Next time you’re feeling frazzled, sip a cup or two of passionflower tea. This tropical treat for anxiety and insomnia contains flavonoids, oils and other compounds that relax blood vessels, improving circulation and inducing calm, scientists say. In fact, a study found that these compounds act just like Valium, only without any negative side effects! Widely available in grocery stores, “there are few more effective, faster-acting things you can use to reduce anxiety,” confirms Kilham.

Did you know?

Though most of us associate pineapples with Hawaii, they were first cultivated in the Caribbean by the Carib Indians, for whom the islands are named!

Pineapple helps you heal faster!

Studies show that bromelain, the main enzyme in pineapple, speeds the healing of bruising, sprains and strains, says Kilham. It can also cut the severity of colds by reducing mucus and congestion, an effect that’s almost immediate! “The enzymes just latch onto congestion and speed it out of the system fast,” he says. To maximize the benefit, drink pineapple juice, which is even faster-acting than the fruit.

Ginger zaps sore throats and colds!

Islanders rely on ginger to flavor classic dishes like jerk chicken. They also “prescribe” it for protection against infections, with good reason: Ginger’s ability to quash viruses has been confirmed in studies! Next time you feel a cold coming on, brew a pot of ginger tea, suggests Kilham. “It also has anti-inflammatory compounds that soothe a sore throat instantly, while simultaneously attacking the viruses causing it—so it often knocks a cold right out,” he says.

Did you know?

Though we often think of sliced mango a week is proven to reduce the aging effects of sunlight, beta-carotene—that nourish and plump skin cells. Eating as little as 2 cups of mango a week is proven to reduce the aging effects of sunlight, as well as minor aches and pains. Frazzled, sip a cup or two of passionflower tea. This tropical treat for anxiety and insomnia contains flavonoids, oils and other compounds that relax blood vessels, improving circulation and inducing calm, scientists say. In fact, a study found that these compounds act just like Valium, only without any negative side effects! Widely available in grocery stores, “there are few more effective, faster-acting things you can use to reduce anxiety,” confirms Kilham.

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Mango keeps skin young!

With its luscious aroma, it’s not surprising that mango turns up in many tropical beauty products—but the reasons for its inclusion don’t stop there: The fruit is packed with vitamins, minerals and antioxidants—especially beta-carotene—the same phytochemicals that nourish and plump skin cells. Eating as little as 2 cups of sliced mango a week is proven to reduce the aging effects of sunlight, says Elizabeth Somer, M.A., R.D., author of Eat Your Way to Happiness.

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