

Peppermint tea can help improve your memory

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Peppermint tea can improve long-term and working memory and in healthy adults.

This is the finding of a study by Dr Mark Moss, Robert Jones and Lucy Moss of Northumbria University who presented their research this at the British Psychological Society's Annual Conference in Nottingham.

A total of 180 participants were randomly allocated to receive a drink of peppermint [tea](#), chamomile tea or [hot water](#). Before they consumed their drink they completed questionnaires relating to their mood. After a twenty minute rest the participants completed tests that assessed their memory and a range of other cognitive functions. Following the tests participants completed another mood questionnaire.

Analysis of the results showed that peppermint tea significantly improved [long term memory](#), working memory and alertness compared to both chamomile and hot water. Chamomile tea significantly slowed [memory](#) and attention speed compared to both peppermint and hot water.

Dr Mark Moss said: "It's interesting to see the contrasting effects on mood and cognition of the two different herbal teas. The enhancing and arousing effects of peppermint and the calming/sedative effects of chamomile observed in this study are in keeping with the claimed properties of these herbs and suggest beneficial effects can be drawn from their use."

More information: Poster title: 'Contrasting Effects of Peppermint and Chamomile Tea on Cognition and Mood'

Provided by British Psychological Society

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