

“Blue color is everlastingly appointed by the deity to be a source of delight.” This heavenly decided color adds elixir to existence. Blue specifies the imperialistic attitude of everything. In terms of food and beverages blue takes the charge as well. Blue tea is one of those royal beverages that is naturally rich in colour and that certainly defines the significant properties of this tea. Blue tea is a herbal tea and contains no caffeine. So in a way this tea comes up all the pros and no con. This tea is also formerly known as Oolong tea or black dragon tea. It is made from *Clitoria ternatea* also known as butterfly blue pea or Asian pigeon wings. Blue tea is generally made of butterfly pea flower and lemongrass. In Thailand and Vietnam blue tea is taken usually after dinner with a drop of lemon and honey. Nasi kerabu is a popular exotic dish of Malaysia when blue rice is presented with fried chicken. To add this tinge of blue color they use blue tea. There are many other ways of using blue tea. The more there are ways to use it the more useful it is. If we start counting the benefits of blue tea, the list is never-ending. Its organic properties make it unusually benevolent.

Benefits of blue tea:

Weight loss properties: Blue tea has catechins, which is reputed to be conducive to burn extra fat in the body and results in weight loss. A hot cup of blue tea before bed effectively paces up the metabolism that eventually leads to burn fat and calories that results in weight loss in the course of 30 days.

Improve digestion: This tea is enriched with antioxidants. So assimilating this pour in detox diet during warm humid weather is incorporating bliss for digestive system. Having a cup of hot blue tea in an empty stomach flushes out all the accumulated toxins of our body.

Reduce anxiety: This tea is a great stress-buster. It reduces mood swings and enhances good mood by inducing a better flow of serotonin. This tea relaxes stress and reduces anxiety and depression and makes one capable more productive at work. Its earthy flavour enchants the mood and drives goodness.

A reputed nootropic: Another brain activity that is effectively enhanced by blue tea is cognitive functions. This tea is recommended for children as well as it is a great nootropic. Nootropic is a supplement that encourages cognitive collocation. Blue tea has Acetylcholine that is a celebrated compound to ennoble cognition.

Enhances skin health: The presence of flavonoids incite collagen production that aids in skin elasticity. Taking a cup of hot blue tea every day works like a great cathartic that purifies the digestive system that drains out all the bodily toxins and in a way cleanses the body. This eventually affects the skin health very distinctively.

Renowned anti-aging supplement: The antioxidants that are present in blue tea also help to reduce premature aging. Antioxidants are eminent for fighting free radicals. Blue tea with a few drops of lemon brings a significant chance. Blue tea's antioxidants and lemon's vitamin C work together to regenerate the youthful skin.

Immunity booster: Blue tea is an amazing immunity booster as well. It is highly recommended for its immunity enhancing properties. It helps in reducing any inflammation and fight with free radicals.

Taking a cup of blue tea every morning keeps one away from all the extraneous and outrageous pathogens.

Uplift and recover diabetic condition: Blue tea spurs the immunity and reduces the unwanted sugar level in blood. The abundance of phenolic acid and phenolic amide antioxidants brings a distinctive antihyperglycemic effects, boosts insulin secretion and controls glucose metabolism that eventually prevents unwanted sugar absorption.

Improve cardiac health: Blue tea is massively enriched with invigorating bioflavonoids that supply adequate antioxidants. This prevents the cardiac arrest and brings quality heart health. it brings down LDL cholesterol and brings up HDL cholesterol in blood that prevents heart attacks.

Develops eye health: This nutritious pour contains proanthocyanidin that enhances eye sight. The earthy taste and refreshing enchantments make the eye nerves strong. The anti-inflammatory supplements and analgesic help in relieving pain and reduces discomfort, redness, and itching in general eye infections. The purgatory effect cleanses the blood passages and impels essential nutrients towards capillaries of the eye cells.

Blue is the warmest colour. Like its colour it also puts forward the warmth in health. This imperial infusion incites a new heart's –blood. In a whole, there is hardly any ailment that does not get healed with blue tea. Besides being a fabulous beverage blue tea bewitches the physical procedures. It fosters and brings the pink of health. but as of being a herbal tea, it is very important that it is pure and not adulterated with any junk and impurities. Westhillteas has come with a purest range of blue tea that serves the exact amenities. So get with westhillteas and slay your fatal maladies.