**12 Healthy Drinks That Will Make You Feel Better**

1. **Green Tea**

Green tea is great for your memory and keeping your mind sharp! It is also packed with lots of antioxidants. It can also come in handy when you have stomach problems, preventing cavities, lowering cholesterol, and reducing cancer risk.

1. **Grapefruit Juice**

Grapefruit has a lot of vitamins as well as antioxidants. The drink can also lower the level of insulin as well as assist you in weight loss, and lower your risk of diabetes.

1. **Warm Milk**

Warm milk has one very effective calming effect. This is because it activates amino acid tryptophans which usually ‘instructs’ the brain to rest. It is a great drink to de-stress although it might not work for everybody.

1. **Vegetable Juice**

Doesn’t sound too tasty, but vegetable juice is a very healthy treat. If you need vitamins then vegetable juice should be your drink of choice. A glass of vegetable juice before bed makes you to wake up feeling very fresh and less tired.

1. **Chocolate Milk**

This is a fantastic blend because milk has calcium while cocoa is filled with antioxidants. Chocolate milk helps repair all your body’s worn out muscles, has a lot of carbohydrates which restore glycogen back to the body. This drink especially good either after a long day of tiring work or for young kids who don’t get enough calcium.

1. **Apple Juice**

Apple juice apart from being tasty also has quite a number of health benefits. Apples have high antioxidant content and it is a great cure for headaches. It is also great as a stress reliever. Any type of apples and in any form tends to have similar health benefits. Another interesting fact – the smell of apples is therapeutic.

1. **Light Coffee**

Coffee is a fabulous and highly effective stimulant. Just a small amount of coffee should be sufficient to give you that ‘kick’ in the morning. Coffee energizes your brain, and it also stimulates the nervous system. Remember to keep it light.

1. **Lemon or Orange Juice**

These citrus fruits strengthen the immune system. Their juice should be great especially after being sick. A taste should energize you, provide you with calcium, and purify your blood.

1. **Ginger Tea**

Ginger tea is well known for its anti-inflammatory properties and its effect on the respiratory tract. It should settle that nausea and ease most stomach ailments. It works wonders for people with respiratory problems or after a workout.

1. **Cranberry juice**

Like all fruit juices it comes packed with vitamin C and antioxidants. Cranberry juice is also good for the respiratory system, specifically the bladder. Research shows that the fruit can decrease cases of urinary tract infections by a great margin.

1. **Blueberry Juice**

Blueberry juice is a low calorie fruit juice that comes with lots of vitamin C. The best part of this drink is the high fiber. Fiber assists the body’s digestive system. It should be a great idea to take a glass after meals.

1. **Water**

Yes, the drink we take every day is actually the healthiest and probably best refreshment for your body out there. With water you have to take lots of it in a day, preferably 2 liters a day. Water keeps all your internal organs functioning properly and it keeps you and your cells refreshed throughout the day.