

Peppermint tea can help improve your memory

28 April 2016



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

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 thist 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

APA citation: Peppermint tea can help improve your memory (2016, April 28) retrieved 28 April 2021 from <https://medicalxpress.com/news/2016-04-peppermint-tea-memory.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.