



7 Best Starbucks Drinks for Sore Throat Feel Better - Mountain Lyon Ca

Does Drinking Tea Help Sore Throat? - Yes, drinking tea can be a great way to soothe a sore throat. Tea contains natural antibacterial and anti-inflammatory properties that can help reduce swelling and fight off infection. Additionally, the warm liquid may provide relief from some of the discomfort associated with a sore throat. However, it's important to avoid using milk in your tea as this can further aggravate your symptoms. Additionally, you may want to opt for beverages made with honey instead of sugar as the natural sweetness may provide additional healing benefits. All in all, drinking tea is a great way to get relief from sore throats! -

<https://mtnlyoncafe.com/blog/starbucks-drinks-for-sore-throat/>