10 Reasons You'll Never Throw Away Used Teabags Again

Categories: General

While coffee has made its way into the daily lives of millions, did you know tea is the secondly most consumed beverage in the world? If you're one of the estimated 160 million Americans who enjoy a crisp cup of tea, expand the use of this tasty drink by keeping your old tea bags. Explore this list to uncover unique uses for black and green tea bags.

Soothe a Blistering Sunburn

There's nothing quite like spinning the day enjoying the great outdoors. Unfortunately, there's also
nothing quite like a serious sunburn from enjoying the sun without adequate protection. The application of green and/or black tea bags directly onto sunburned skin is a long-lasting home remedies to treat not only pain, but also expedite the healing process.

It's believed by holistic and natural remedy practitioners, compounds known as tannins work to eliminate pain by calming inflammation. Another touted health benefit? Due to its antioxidant activity, the topical application of green or black tea bags may actively fight cancer formation by stopping cellular mutations.

Regardless of how it works, find near-instant relief from sunburn by applying brewed tea bags directly onto sunburned skin. Allow the bags to sit on the skin for 15 to 30 minutes. Repeat as necessary.

**Restore Vitality to Weary Eyes**

Need to look refreshed for a morning meeting? Tired of always looking tired? If so, then try tea bags. The tannins found in green and black tea may reduce puffiness and redness around the eye area.

Brew two tea bags and then place them in the freezer for 10 minutes, or until cold. Lounging in a comfortable chair, place a tea bag over both eyes and allow it to cool and rejuvenate your eyes for 15 to 20 minutes. Repeat each night for the most visible results.

**Soothe Aching and Bleeding Gums**

Aching and bleeding gums can be caused by a host of ailments, ranging from a newly extracted tooth to gum disease. Regardless, find relief by biting down on a brewed green or black tea bag. The antiseptic, anti-inflammatory and antioxidant activities of tea bags streamline the healing process while simultaneously numbing pain and reducing blood loss. Repeat as many times as necessary to provide the relief you're craving.

**Find Poison Ivy Rash Relief**

Enjoy the great outdoors? If so, you've likely caught a wicked case of poison ivy at least once in your past. Anyone who's experienced the constant itching and pain caused by this harmless-looking plant is well-aware how uncomfortable this rash is. Obtain near-instant pain and itch relief by brewing enough tea bags to fully cover the rash. Once the tea bags have cooled, apply directly on the rash. Allow the bags to rest for 10 to 15 minutes.

*Tip: Wear gloves when removing the tea bags to prevent accidentally spreading poison ivy.*

**Polish Wooden Furniture**
While tea bags are used as a natural remedy for your body, they're also an effective tool around your home. Tannins and other active compounds perfectly clean surfaces by removing germs and debris. To use tea bags as a furniture polish, brew one to two bags and allow them to cool for several minutes. Squeeze until excess moisture has been eliminated.

Hold the tea bags in a soft cloth and wipe furniture as you normally would. To prevent accidental stains, immediately wipe the surface with a clean cloth.

**Natural Wart Remover**

Warts are unsightly, and in some cases, painful. Even though the most effective wart treatments involve acids and other synthetic compounds, they can be painful and expensive. While this home wart removal remedy has been used for generations, modern science is just starting to support its effectiveness. MedlinePlus suggests the antioxidant properties found in green tea inhibit wart growth. In fact, green tea seems so powerful, initial studies found evidence green tea may actually kill HPV, the virus responsible for warts.

Brew several green tea bags and set aside to cool. Once comfortable to the touch, place a green tea bag directly on the wart. Secure the bag with tape or a bandage. After 15 minutes, replace with the second tea bag and soak the wart for 15 to 20 more minutes. After several days, you'll notice the wart will turn black, and fall off soon thereafter.

**Plant Fertilizer**

Desire a natural way to feed your garden? Green or black tea provides essential nutrients to soil, which help plants thrive. Break open a used tea bag and mix the tea leaves with the soil. Annoyed by holes in your plant containers. Place tea bags over the holds to prevent leaking.

**Tenderize Your Meat**

For meat eaters, there's nothing as satisfying as taking a bite out of a juicy, tender steak. Unfortunately, not all cuts are as tender as they seem. Black tea is renowned throughout professional and amateur chefs for its ability to tenderize meat while adding a subtle earthy flavor to meats. Steep 2 to 4 tea bags in 2 cups of water. Pour the tea, including tea bags, over your meat and allow it to marinate for 1 to 3 hours.

**Elimite Genital Herpes Pain**

Genital herpes is not only an uncomfortable experience, but its presence can cause just as much mental anguish as it can physical. Eliminate the pain and outbreak duration through the help of black tea bags.
According to a study published in the June 2013 issue of 'BMC Complementary & Alternative Medicine' compounds in black tea, primarily the avlavins, stopped the growth and replication of the herpes virus. This study confirms the use of black tea for herpes treatment many herbal and holistic practitioners have recommended for generations.

Brew 1 to 2 tea bags for five minutes. Remove from the water and allow to cool. Once safe to touch, place the tea bag directly onto a herpes lesion. Allow to soak into your skin for 10 to 15 minutes. Repeat once a day until your outbreak is under control.

(Image from: Wikipedia)