

EVERYTHING
HERBAL

by Cheryl Jabz



Nature's
Gentle
Healer



Health Benefits of Chamomile



Chamomile is a gentle yet powerful herb commonly used as a tea, tincture, or topical remedy. Known for its calming effects, it supports the nervous system, promotes better sleep, and aids digestion. Rich in anti-inflammatory, antioxidant, and anti-anxiety compounds, chamomile is widely used for both internal and external healing.



1. Sleep & Relaxation

Chamomile acts as a mild natural sedative, helping reduce anxiety and improve sleep quality. It's often used as a natural remedy for insomnia.



2. Digestive Support

Its antispasmodic properties help relieve indigestion, gas, nausea, and stomach cramps while soothing the digestive tract.



3. Anti-Inflammatory Effects

Chamomile can help reduce inflammation, making it useful for sore throats, mouth ulcers, and skin conditions like eczema.



4. Blood Sugar Balance

Some studies suggest chamomile may help lower blood sugar levels and support those managing diabetes.



5. Immune System Boost

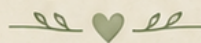
Packed with antioxidants, chamomile helps the body fight infections and supports overall immune health.



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