

Nature
Heals
Little
Moments
Make a
Happier Day
♡



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

TURMERIC

and a Healthy Inflammatory Response

A 2020 systematic review and meta-analysis of 29 randomized controlled trials found that turmeric (*Curcuma longa*), specifically its active compound *curcumin*, may help reduce inflammatory markers, support joint health, and ease mild pain, with significant benefits compared to placebo.

Promising short-term evidence

- May help reduce inflammation
- May support joint and muscle comfort
- Rich in antioxidants
- May support heart and brain health
- Traditionally used for overall wellness

Evidence quality was rated moderate; more large, high-quality studies are needed to confirm long-term benefits.

Bible Verse

"He gives strength
to the weary and
increases the power
of the weak."

Isaiah 40:29 (NIV)

Herbal
Moments
Happier
Days
♡

PLANT
KINDNESS
GROW
WELLNESS
♡

Good
Herbs
Good
Mood
♡

Wellness
is a journey
made brighter
with herbs
♡

BUBBIE'S Herbal Tea Recipe

Golden Turmeric Wellness Tea

INGREDIENTS

- 2 cups water
- 1 tsp ground turmeric
- 1/2 tsp ground ginger (optional)
- 1/2 tsp cinnamon (optional)
- 1 tsp honey (optional)
- Slice of lemon (optional)
- Pinch of black pepper (enhances absorption)

DIRECTIONS

1. Bring water to a boil.
2. Add turmeric, ginger and cinnamon.
3. Simmer for 10 minutes.
4. Strain, add honey and lemon if desired.
5. Sip slowly and enjoy nature's golden goodness!

*Stronger Days
Naturally*
♡



SCAN
MY WEBSITE



View Bubbie's Did You Know
Herbal Facts on my website

www.EverythingHerbalByCherylJabz.com

Live Well • Naturally • Every Day ♡

FOLLOW ME

