



# DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

## TODAY'S HIGHLIGHT: TURMERIC GINGER IMMUNE TEA



A warm, soothing herbal tea with turmeric, ginger & lemon to support your immune system, reduce inflammation, and keep you feeling your best. The perfect daily wellness ritual! 

### INGREDIENTS:

- 2 cups water
- 1 tsp fresh grated ginger
- 1/2 tsp ground turmeric
- Juice of 1/2 lemon
- 1 tsp raw honey (optional)
- Pinch of black pepper
- 1 cinnamon stick (optional)

### HOW TO MAKE:

- 1 Bring water to a boil.
- 2 Add ginger, turmeric, pepper and cinnamon (if using).
- 3 Simmer for 10 minutes.
- 4 Remove from heat and stir in lemon juice and honey.
- 5 Strain and enjoy warm! Sip daily for best benefits.



### TINY HERBAL TIP

Add a slice of orange or a few mint leaves for extra flavor and antioxidant power!



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!



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## HERBAL BENEFITS:



### IMMUNE SUPPORT

Turmeric & ginger help strengthen your body's natural defenses.



### ANTI-INFLAMMATORY

May help reduce inflammation and support joint comfort.



### DIGESTIVE AID

Ginger helps soothe the stomach and supports healthy digestion.



### MENTAL CLARITY

Supports focus, mood and overall cognitive function.



### DETOX & WELLNESS

Supports liver health and helps your body detox naturally.

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Thank you for being  
part of this herbal  
wellness journey!

