



BUBBIE'S *Did You Know...* HERBAL FACT

Echinacea and Immune Support

A 2014 systematic review of 14 randomized controlled trials with 1,373 participants found that echinacea extract reduced the risk of catching a cold by 58% and shortened the duration of symptoms by an average of 1.4 days compared with placebo.

Promising short-term evidence

Fewer colds • Shorter duration • Less severity

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

SUPPORTING EVIDENCE

Shah et al., PLoS ONE (2014)
pubmed.ncbi.nlm.nih.gov/24718549

Bible Verse

"Let everything that has
breath praise the Lord.
Praise the Lord."

Psalm 150:6 (NIV)

BUBBIE'S Herbal Tea Recipe

Echinacea Elderberry Immune Tea

INGREDIENTS

- 1 cup water
- 1 tsp dried echinacea root or leaves
- 1 tsp dried elderberries
- 1 tsp dried ginger, optional
- 1 tsp honey, optional
- Slice of lemon, optional

DIRECTIONS

Bring water just to a boil and add herbs.
Cover and steep 10–15 minutes.
Strain and add honey and lemon
if desired. Sip warm.

Enjoy daily during the season changes
or when you need extra support.

SCAN MY WEBSITE



DOWNLOAD THIS PAGE
PRINT • SAVE • SHARE

LOOK FOR HERB INFO & TASTY RECIPES!
www.EverythingHerbalByCherylJabz.com
Live Well • Naturally • Every Day

FOLLOW ME

