



Everything Herbal

by Cheryl Jabz

Warming Herbal Tea for Raynaud's Syndrome



INGREDIENTS:

- 1 teaspoon dried ginger
- 1 cinnamon stick
- 1/2 teaspoon rosemary
- 2 cups water
- Honey to taste

INSTRUCTIONS:

- 1 Bring water to a gentle boil.
- 2 Add herbs.
- 3 Simmer 10–15 minutes.
- 4 Strain and serve warm.

OTHER HELPFUL MEASURES:

- Keep your core body temperature warm. Wear insulated gloves and warm socks. Avoid smoking and nicotine products. Manage stress, which can trigger attacks. Exercise regularly to support circulation.



If you take blood thinners, blood pressure medications, diabetes medications, or have heart conditions, check with your healthcare provider before using herbs such as ginkgo, hawthorn, or large amounts of ginger.

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