

Everything
HERBAL
by Cheryl Jabz

Herbs for
the Body
Peace for the Soul
Live Well Naturally
Every Day
♡

Bubbie's Daily Herbal Remedy

Simple Remedies for a Healthier,
Happier You

Ginger Lemon Honey Tea

WARM • SOOTHING • IMMUNE SUPPORT

Health Benefits

- ♡ Supports immune health
- ♡ Soothes digestion
- ♡ Helps reduce inflammation
- ♡ May ease sore throats and congestion
- ♡ Rich in antioxidants
- ♡ Hydrates and warms the body

*A cozy cup of comfort
from nature's garden*
♡

Bubbie's Tip

Use fresh ginger for the most benefits. Keep sliced ginger in the fridge or freezer so it's always ready for a quick, soothing cup of tea. ♡

Take
Time for
YOU
♡

Recipe

- 1-2 inches fresh ginger, sliced
- 1 ½ cups water
- Juice of ½ lemon
- 1-2 teaspoons raw honey (to taste)

Bring water to a boil. Add sliced ginger and simmer for 10 minutes. Remove from heat. Stir in lemon juice and honey. Strain if desired. Enjoy warm! ♡

Bible Verse

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

Isaiah 40:29 (NIV)

Faith
Health
Happiness
♡



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