

Everything Herbal

by Cheryl Jabz



Cayenne Pepper

WARMING CIRCULATION TEA

Warmth • Circulation • Vitality



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POTENTIAL BENEFITS

- ✓ Contains capsaicin, which may support circulation.
- ✓ Creates a warming sensation.
- ✓ Traditionally used to help support healthy blood flow and warmth to the hands and feet.



WARMING CIRCULATION TEA

- 1 cup hot water
- Pinch of cayenne
- Juice of ½ lemon
- 1 teaspoon honey

INSTRUCTIONS

Add a pinch of cayenne to hot water and stir.
Add lemon juice and honey.
Stir well and enjoy warm.



Tip: Start with a small pinch of cayenne and adjust to your preference.

IMPORTANT NOTE

Cayenne pepper may cause irritation for some individuals if used in large amounts.
Always consult your healthcare provider if you have any medical conditions or are taking medications.



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Cheryl Jabz



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