

Good
Health
Begins
with
Simple
Herbs



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♥ BRIGHTER DAYS

CHAMOMILE

and a Calmer, Happier You

A 2022 systematic review and meta-analysis of 14 randomized controlled trials found that chamomile (*Matricaria chamomilla*) may help reduce anxiety, improve sleep quality, and support overall mental well-being, with significant benefits compared to placebo.

Promising short-term evidence

- ✓ May help reduce anxiety and promote relaxation
- ✓ May improve sleep quality and duration
- ✓ May support digestive comfort
- ✓ Rich in antioxidants
- ✓ Traditionally used to soothe the nervous system and ease everyday stress

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

Bible Verse

“Come to me,
all you who are weary
and burdened,
and I will give you rest.”

Matthew 11:28 (NIV)

Herbal
Moments
Happier
Days



Herbs
Nourish
Body
Mind
and
Soul



Take Time
to Breathe
Good Things
Grow



BUBBIE'S Herbal Tea Recipe

Calming Chamomile Tea

INGREDIENTS

- 2 cups water
- 2 tbsp dried chamomile flowers
- 1 tsp honey (optional)
- 1 slice lemon (optional)
- Pinch of cinnamon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Remove from heat and add chamomile flowers.
3. Cover and steep for 5–10 minutes.
4. Strain, add honey, lemon or cinnamon if desired.
5. Sip slowly and enjoy a calmer, brighter you!

*Peaceful Herbs
Happier Days*



SCAN
MY WEBSITE



View Bubbie's Did You Know
Herbal Facts on my website

www.EverythingHerbalByCherylJabz.com

Live Well • Naturally • Every Day ♥

FOLLOW ME

