



BUBBIE'S THOUGHT

Peace for the Soul

A little reminder from Bubbie...

Sometimes caring for yourself means slowing down.

Brew a warm cup of herbal tea, sit quietly for a few minutes, and let your heart rest. Peace often arrives in the simplest moments.

SLOW DOWN • BREATHE DEEPLY • LET YOUR HEART REST

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:7 (NIV)



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



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