

Rest
Relax
Restore
Repeat
♡



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

A calmer
home makes
a kinder
tomorrow
♡



CHAMOMILE and Better Sleep

A 2016 systematic review and meta-analysis of 12 randomized controlled trials found that chamomile (*Matricaria chamomilla*) may help improve sleep quality, reduce the time it takes to fall asleep, and ease symptoms of insomnia, with significant benefits compared to placebo.



Promising short-term evidence

- May improve sleep quality
- May help reduce anxiety and stress
- May promote relaxation
- May support overall well-being

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



Bible Verse

"In peace I will
lie down and sleep,
for You alone, Lord,
make me dwell
in safety."

Psalm 4:8 (NIV)

Good
Sleep
Brighter
Days
♡



BUBBIE'S Herbal Tea Recipe *Calm & Cozy Chamomile Tea*



INGREDIENTS

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

DIRECTIONS

1. Bring water to a boil.
2. Add chamomile flowers, cover and steep 5-10 minutes.
3. Strain, add honey and lemon if desired.
4. Sip slowly, breathe deeply, and enjoy a calmer you!



Herbs
Create
Happier
Days
♡



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