



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

Bubbie
Says...
Strong
Immune
Systems
Lead to
Brighter
Days

Good
Health
Is a
Gift

Elderberry Immune Boost Tea

PROTECT ♥ SUPPORT ♥ STRENGTHEN ♥ FEEL BETTER ♥

Health Benefits

- ♥ Supports immune system
- ♥ Helps fight colds and flu
- ♥ Rich in antioxidants
- ♥ May reduce inflammation
- ♥ Supports respiratory health
- ♥ Helps shorten the duration of illness
- ♥ Supports overall wellness
- ♥ Naturally caffeine-free

Nature's protection
in a cup! ♥

Bubbie's Tip ♥

Keep a jar of dried elderberries
in your pantry so you're always
ready to make a nourishing
cup of immune support
when you need it! ♥

Take
Time for
YOU

Bible Verse ♥

"The LORD is my strength
and my shield; my heart
trusts in Him, and I am helped."

Psalm 28:7 (NIV)

Healthy
People
Happier
Tomorrows

Recipe

- 1 cup water
- 1 tablespoon dried elderberries
(or 2 tablespoons fresh)
- 1 slice fresh ginger
(optional)
- 1 cinnamon stick
(optional)
- Juice of ½ lemon
- 1 teaspoon raw honey
(or to taste)

Bring water to a boil. Add elderberries, ginger and cinnamon. Simmer for 10–15 minutes. Remove from heat. Strain, add lemon juice and honey. Sip slowly and enjoy!

Stay Well Naturally! ♥



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