



Herbal Recipes to Support Women's Health



• NOURISHING RECIPES • NATURAL INGREDIENTS • STRONGER YOU •

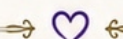


Everything Herbal

by Cheryl Jabz

NOURISH • SUPPORT • THRIVE

Bubbie's Hibiscus Berry Hormone Balance Tea



A vibrant, refreshing tea blend that may help support hormonal balance, ease monthly cycle discomfort, and reduce bloating. Hibiscus, raspberry leaf, and chaste tree berry work together with berries and rooibos for a delicious, caffeine-free cup of self-care.



Flavorful.
Nourishing.
Made with
Herbs.

INGREDIENTS (Makes 2 Cups)

- 1 Tbsp dried hibiscus petals
- 1 tsp dried raspberry leaf
- 1 tsp dried chaste tree berry
- 1 tsp dried red clover (optional)
- ½ tsp rooibos tea
- 2 cups filtered water
- 1 tsp honey or maple syrup (to taste)
- Juice of ½ lemon (optional)



DIRECTIONS

- 1 Bring 2 cups of water to a boil.
- 2 Add hibiscus, raspberry leaf, chaste tree berry, red clover (if using), and rooibos.
- 3 Reduce heat and simmer for 10–15 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups. Add honey or maple syrup and lemon juice if desired.
- 6 Enjoy warm or iced. Drink 1–2 cups daily to support balance.



Bubbie's Tip:

This tea is best enjoyed consistently throughout the month, especially during your cycle.

HERBAL SUPPORT

Hibiscus may help ease cramps and bloating. Raspberry leaf tones the uterus and supports cycle comfort. Chaste tree berry traditionally supports hormonal balance and menstrual regularity.



THE EVIDENCE

Studies suggest hibiscus may help reduce premenstrual symptoms and support overall well-being in women.

Taavoni, S., et al. (2020). The effects of *Hibiscus sabdariffa* on premenstrual syndrome: A systematic review and meta-analysis. *Phytotherapy Research*, 34(11), 2777–2786.

View study: pubmed.ncbi.nlm.nih.gov/32489080

PLEASE NOTE

These recipes are for general wellness support and are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider if you have any health conditions, are pregnant, nursing, or taking medications.

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