



Everything
HERBAL
by Cheryl Jabz

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

NATURAL
REMEDIES
BRIGHTER
DAYS
HEALTHIER
YOU
♡

Bubbie's Daily Herbal Remedy

Simple Remedies for a Healthier,
Happier You

Herbs
Make Life
Brighter
♡

Turmeric Golden Milk

• CALM • HEAL • RESTORE • SUPPORT IMMUNITY •

Health Benefits

- ♥ Powerful anti-inflammatory
- ♥ Supports joint and muscle health
- ♥ Boosts immune system
- ♥ Supports brain and heart health
- ♥ Aids digestion
- ♥ Helps fight free radicals
- ♥ Promotes better sleep and relaxation

Nature's golden gift
for a stronger you!
♡



Recipe

1 cup unsweetened milk (dairy or plant-based)
1 teaspoon ground turmeric
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
Pinch of black pepper (enhances absorption)
1 teaspoon raw honey (or to taste)

Warm milk in a small saucepan over medium heat. Whisk in turmeric, cinnamon, ginger, and black pepper. Simmer for 5 minutes. Remove from heat, stir in honey, and enjoy! ♡

Bubbie's Tip

Drink your Golden Milk in the evening to help your body relax, reduce inflammation, and support a restful night's sleep. A warm mug of wellness! ♡

Take
Time for
YOU
♡

Bible Verse

"He heals the brokenhearted and binds up their wounds."
Psalm 147:3 (NIV)

Faith
Health
Happiness
♡



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