



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

Peppermint Tummy Soother Tea

DIGEST SOOTHE RELAX REFRESH FEEL BETTER

Health Benefits

- ♥ Helps with digestion
- ♥ Soothes upset stomach
- ♥ May reduce bloating and gas
- ♥ Supports a healthy gut microbiome
- ♥ Calms nausea
- ♥ Relaxes the digestive tract muscles
- ♥ Freshens breath
- ♥ Supports overall wellness
- ♥ Naturally caffeine-free

*A happier tummy
leads to a brighter day! ♥*

Bubbie's Tip ♥

Keep a jar of dried peppermint leaves in your pantry. It's a simple herb that can quickly bring comfort to your tummy whenever you need it! ♥



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Live Well • Naturally • Everyday

Bible Verse ♥

"A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Proverbs 17:22 (NIV)

Take
Time for
YOU
♥

Recipe

- 1 cup hot (not boiling) water
- 1 tablespoon fresh peppermint leaves (or 1 teaspoon dried)
- 1 slice fresh ginger (optional)
- 1 teaspoon raw honey (or to taste)
- 1 slice of lemon (optional)

Place peppermint leaves (and ginger if using) in a mug. Pour hot water over the herbs. Cover and let steep for 5-10 minutes. Strain if desired. Add honey and lemon if desired. Sip slowly and enjoy!

Soothing Goodness Naturally! ♥

Good
Health
Happy
Goblins
♥

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