



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

Cinnamon Maple Immunity Tea

WARM • STRENGTHEN • PROTECT • NOURISH

Health Benefits

- ♥ Supports immune health
- ♥ Helps fight colds and flu
- ♥ Rich in antioxidants
- ♥ Supports healthy blood sugar levels
- ♥ May reduce inflammation
- ♥ Aids digestion
- ♥ Promotes heart health
- ♥ Warms and comforts the body

A cozy cup of
wellness for the
season! ♥

Bubbie's Tip ♥

Make a big batch and keep it
in the fridge. Reheat a cup
whenever you need an immune
boost. A warm herbal tea
is like a hug from nature! ♥

Take
Time for
YOU
♥

Bible Verse ♥

"He heals the brokenhearted
and binds up their wounds."

Psalms 147:3 (NIV)

Faith
Health
Happiness
♥

Recipe

- 1 cup water
- 1 cinnamon stick
- 3-4 slices fresh ginger
- 1 tablespoon maple syrup
(or to taste)
- Juice of ½ lemon
(optional)
- Pinch of cayenne pepper
(optional)

Bring water to a boil. Add
cinnamon, ginger and
simmer for 10-15 minutes.
Remove from heat. Stir in
maple syrup and lemon juice.
Add a pinch of cayenne if
desired. Strain and enjoy
warm!

Sip Wellness Naturally! ♥



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