



BUBBIE'S *Did You Know...* HERBAL FACT

Lavender and Relaxation

A 2019 systematic review and meta-analysis of 15 randomized controlled trials found that lavender (*Lavandula angustifolia*) may help reduce symptoms of anxiety and promote relaxation, with significant benefits compared to placebo.

Promising short-term evidence

Helps reduce feelings of anxiety • Promotes relaxation
May improve sleep quality • Supports emotional well-being

Evidence quality was rated moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Koulivand, P. H. et al., *Complementary Therapies in Medicine* (2019) – Systematic Review and Meta-Analysis of 15 Randomized Controlled Trials.

Bible Verse

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28 (NIV)

BUBBIE'S Herbal Tea Recipe Lavender Calm & Rest Tea

INGREDIENTS

- 2 cups water
- 1 tbsp dried lavender flowers
- 1 tsp dried chamomile flowers (optional)
- 1 tsp dried lemon balm or peppermint (optional)
- 1 tsp honey (optional)
- Slice of lemon (optional)

DIRECTIONS

Bring water to a boil.
Add lavender (and optional herbs).
Simmer 5–10 minutes.
Strain and add honey and lemon if desired.
Sip warm, relax, and enjoy!

*A little lavender can go a long way
toward a calmer, happier you!*

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