



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

Bubbie
Says...
A Healthy
Gut
A Happier
You

Good
Herbs
Good
Days

Peppermint Digestive Tea

SOOTHE • DIGEST • REFRESH • FEEL LIGHTER

Health Benefits

- ♥ Soothes the digestive system
- ♥ Helps relieve bloating, gas and indigestion
- ♥ May ease stomach cramps
- ♥ Promotes relaxation
- ♥ Supports overall wellness
- ♥ Naturally caffeine-free

*A happy tummy
leads to a happier you! ♥*

Bubbie's Tip ♥

Enjoy a cup after meals to help support digestion. Keep a jar of dried peppermint on hand — it's a simple remedy that makes a big difference! ♥

Bible Verse ♥

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
3 John 1:2 (NKJV)

Recipe

1 cup hot (not boiling) water
1–2 teaspoons dried peppermint leaves
(or 6–8 fresh leaves)
Optional: ½ teaspoon raw honey (to taste)
Optional: a slice of lemon for extra flavor

Place peppermint leaves in a mug or tea infuser. Pour hot water over the leaves. Let steep for 5–10 minutes. Strain if desired. Add honey and lemon if desired. Sip slowly and enjoy!

Happy Tummy, Happier You! ♥

Faith
Health
Happiness



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