

Everything Herbal
by Cheryl Jabz

Hawthorne Berry

HERBAL WELLNESS PAGE

with Simple Recipe

POTENTIAL BENEFITS

- Supports cardiovascular health.
- May help improve circulation over time.
- Traditionally valued in herbal wellness routines.



Often consumed as
tea, tincture,
or capsules.



SIMPLE HAWTHORNE BERRY TEA

INGREDIENTS

- 1 teaspoon dried hawthorne berries
- 1 cup hot water
- 1 teaspoon honey (optional)
- Lemon slice (optional)

DIRECTIONS

1. Place dried hawthorne berries in a cup or tea infuser.
2. Pour hot water over the berries.
3. Steep 10–15 minutes.
4. Strain if needed.
5. Add honey or lemon if desired and enjoy warm.



Herbal wellness support only. If you have a heart condition, take heart medications, or have medical concerns, consult a healthcare professional before use.

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