

EVERYTHING HERBAL

by Cheryl Jabz

BASIL TEA

GREAT FOR DIGESTION



Basil tea is a soothing herbal tea made from fresh or dried basil leaves.
It is often enjoyed for digestive comfort and natural wellness.

BENEFITS



May support digestion



Calming and soothing



Naturally aromatic



Simple herbal
wellness tea

SIMPLE TEA METHOD

- 1 Steep fresh or dried basil in hot water for 5–10 minutes.
- 2 Strain.
- 3 Sweeten with honey if desired.
- 4 Serve warm.

CHERYL'S TIP



Add a squeeze
of lemon or a touch
of honey for extra
flavor and digestive
comfort.

PERFECT ANYTIME



MORNING
BOOST



AFTER
MEALS



EVENING
WIND DOWN



DAILY
WELLNESS

SCAN TO EXPLORE
MORE HERBAL
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