

Everything
HERBAL
by Cheryl Jabz

Bubbie's Daily Herbal Remedy

Simple Remedies for a Healthier,
Happier You

Bubbie's
Simple
Herbal
Remedies
for a
Healthier
You


NATURAL
REMEDIES
BRIGHTER
DAYS
HEALTHIER
YOU


Witch's Brew Immune Support Tea

 ELDERBERRY  ECHINACEA  GINGER  CINNAMON 

Health Benefits

- ♥ Supports immune system function
- ♥ Helps fight seasonal illnesses
- ♥ Rich in antioxidants
- ♥ May reduce inflammation
- ♥ Supports respiratory health
- ♥ Helps soothe sore throats
- ♥ Supports overall wellness
- ♥ Naturally caffeine-free

Recipe

- 1 cup water
- 1 tablespoon dried elderberries (or 2 tablespoons fresh)
- 1 teaspoon dried echinacea (or 1 tablespoon fresh)
- 1 slice fresh ginger (or 1/2 teaspoon dried)
- 1 cinnamon stick
- 1 teaspoon raw honey (or to taste)
- 1 slice of lemon (optional)

Bring water to a boil. Add elderberries, echinacea, ginger and cinnamon. Simmer for 10-15 minutes. Remove from heat. Strain, add honey and lemon if desired. Sip slowly and enjoy.

Bubbie's Tip

Keep dried herbs in your pantry so you're always ready to make a nourishing cup of tea when you need it.



Bible Verse

"I will restore health to you and heal you of your wounds,"

Jeremiah 30:17 (NIV)



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