

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

Lavender Chamomile Sleep Tea

RELAX • UNWIND • RESTORE • SLEEP WELL

Bubbie
Says...
Small
Herbs
Make a Big
Difference

Good
Health
is a
Blessing

Health Benefits

- ♥ Helps calm the mind
- ♥ Reduces stress and anxiety
- ♥ Supports better sleep
- ♥ Soothes a restless mind
- ♥ Eases tension and promotes relaxation
- ♥ Supports overall emotional well-being
- ♥ Gentle and safe for everyday use

*A peaceful night
leads to a brighter
tomorrow ♥*

Bubbie's Tip ♥

Make this tea part of your evening routine. Turn off the screens, take a deep breath, and let nature help you rest. A calm mind creates a happier tomorrow! ♥

Bible Verse ♥

"In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."

Psalms 4:8 (NIV)

Sweet Dreams ♥

*Rest
Today
for a
Brighter
Tomorrow*

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