



Everything HERBAL

by Cheryl Jabz

Herbs
for the Body
Peace for the Soul
Live Well
Naturally
Every Day



Bubbie's Bay Leaf Tea



A simple cup
with powerful
benefits!



Bay Leaf Tea Recipe

Ingredients (1–2 cups)

- 2–3 dried bay leaves (or 3–4 fresh)
- 2 cups water
- Optional: ½ teaspoon honey
- Optional: a slice of lemon

Directions

- 1 Bring 2 cups of water to a boil.
- 2 Add bay leaves and reduce heat.
- 3 Simmer for 10–15 minutes.
- 4 Strain, add honey or lemon if desired, and enjoy warm.

Health Benefits

- Supports healthy digestion
- May help reduce bloating and gas
- Contains antioxidants
- Supports heart and cardiovascular health
- May help maintain healthy blood sugar levels
- Has natural anti-inflammatory properties
- Rich in vitamins A and C and minerals like potassium, calcium and magnesium

Traditional herbal uses are not the same as proven medical treatments. Always consult your healthcare provider, especially if you are pregnant, nursing, or taking medications.

Bubbie's Tip



Use organic bay leaves when possible. Simmering releases more of their beneficial compounds, giving you a richer, more flavorful tea.

Today's Verse



"I will restore you to health
and heal your wounds,"
declares the Lord.
Jeremiah 30:17 (NIV)



SCAN ME

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