



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

GINGER LEMON IMMUNE ELIXIR



A zesty, warming herbal drink made with ginger, lemon, honey & herbs to help boost immunity, reduce inflammation, soothe the body and keep you energized naturally! 

INGREDIENTS:

- 2 cups water
- 1-inch fresh ginger, sliced
- Juice of 1/2 lemon
- 1 tsp raw honey (or more)
- 1/4 tsp turmeric (optional)
- Pinch of black pepper
- Fresh mint leaves (optional)
- Chamomile flower (optional)

HOW TO MAKE:

- 1 Bring water to a boil.
- 2 Add ginger and turmeric. Simmer for 10 minutes.
- 3 Remove from heat and add lemon juice, honey and pepper. Stir well.
- 4 Add mint or chamomile if using. Let steep 2 minutes.
- 5 Strain and enjoy warm! Sip daily for best benefits.

TINY HERBAL TIP

Drink this elixir in the morning to start your day strong or in the evening to unwind and recharge.



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!

HERBAL BENEFITS:



IMMUNE SUPPORT

Ginger, lemon & herbs help strengthen your body's natural defenses.



ANTI-INFLAMMATORY

Helps reduce inflammation and relieve everyday discomfort.



DIGESTIVE SUPPORT

Ginger supports healthy digestion and eases occasional nausea.



NATURAL ENERGY

Provides a gentle, natural boost to help fight fatigue.



STRESS RELIEF

The soothing blend helps calm the mind and uplift your mood.

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Thank you for being part of this herbal wellness journey!