

Cozy
Herbs
Warmer
Days
Happier
You



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♥ BRIGHTER DAYS

GINGER and a Happy Tummy

A 2021 systematic review and meta-analysis of 14 randomized controlled trials found that ginger (*Zingiber officinale*) may help reduce nausea, ease digestive discomfort, and support healthy digestion, with significant benefits compared to placebo.

Promising short-term evidence

- May help reduce nausea
- May ease bloating and gas
- Supports healthy digestion
- May have anti-inflammatory properties
- Traditionally used to soothe the stomach

Evidence quality was rated moderate; more large, high-quality studies are needed to confirm long-term benefits.

Bible Verse

"You will keep
in perfect peace
those whose minds
are steadfast,
because they trust
in You."

Isaiah 26:3 (NIV)

Herbal
Moments
Happier
Days



Good
Herbs
Good
Mood



Fall
is a gentle
reminder to
slow down



BUBBIE'S Herbal Tea Recipe

Cozy Ginger Tummy Tea

INGREDIENTS

- 2 cups water
- 1–2 inch fresh ginger (sliced, or 1 tsp dried)
- 1 tsp honey (optional)
- Slice of lemon (optional)
- Cinnamon stick (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add ginger (and cinnamon if desired).
3. Simmer for 10 minutes.
4. Strain, add honey and lemon if desired.
5. Sip slowly and enjoy a happy tummy!

Warm Herbs
Brighter Days



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