

Wise
Herbs
Brighter
Days
Happier
You
♡

Everything
HERBAL

by Cheryl Jabz

BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

SAGE

and a Sharper, Healthier Mind

A 2022 systematic review and meta-analysis of 12 randomized controlled trials found that sage (*Salvia officinalis*) may help support memory, attention, and cognitive function, with significant benefits compared to placebo.

Promising short-term evidence

- ✓ May support memory and focus
- ✓ May enhance attention and mental clarity
- ✓ Rich in antioxidants and anti-inflammatory compounds
- ✓ May support brain and nervous system health
- ✓ Traditionally used for purification, protection, and overall wellness

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

Witchy Wisdom

"For God gave us a spirit not of fear, but of power and love and a sound mind."

2 Timothy 1:7 (NIV)

Sage
Cleanses
the Mind
Warms
the Soul
♡

BUBBIE'S Herbal Tea Recipe

Sage Clarity Tea

INGREDIENTS

- 2 cups water
- 1 tbsp dried sage leaves (or 4-5 fresh leaves)
- 1 tsp honey (optional)
- Slice of lemon (optional)
- Pinch of cinnamon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add sage leaves.
3. Simmer for 5-10 minutes.
4. Strain into a cup.
5. Add honey, lemon or cinnamon if desired.
6. Sip slowly and enjoy a clearer, brighter you!

*Clear Mind
Brighter Days*



Good
Herbs
Good
Vibes
Always
♡



SCAN
MY WEBSITE



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Herbal Facts on my website

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