

Herbs
Brew
Kindness
in Every
Season

Everything
HERBAL

by Cheryl Jabz

BUBBIE'S *Did You Know?*

SIMPLE HERBS ♥ BRIGHTER DAYS

SPOOKY
SEASON
Healthy
Choices

PLANT
KINDNESS
GROW
WELLNESS

PEPPERMINT

and a Happier, Healthier You

A 2021 systematic review and meta-analysis of 29 randomized controlled trials found that peppermint (*Mentha × piperita*) may help support digestive health, reduce bloating, relieve symptoms of indigestion, and ease irritable bowel symptoms, with significant benefits compared to placebo.

Promising short-term evidence

- ✓ May help relieve digestive discomfort
- ✓ May reduce bloating, gas, and indigestion
- ✓ May help relax the muscles of the digestive tract
- ✓ Rich in antioxidants
- ✓ May support a healthy gut and overall wellness
- ✓ Traditionally used to soothe an upset stomach

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

Bible Verse

"Cast all your
anxiety on Him
because He cares
for you."

1 Peter 5:7 (NIV)

Good Herbs
Good Spirits
Brighter Days

BUBBIE'S Herbal Tea Recipe

Soothing Peppermint Tea

INGREDIENTS

- 2 cups water
- 1-2 tsp dried peppermint leaves (or 5-6 fresh leaves)
- 1 tsp honey (optional)
- Slice of lemon (optional)
- Pinch of cinnamon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add peppermint 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!

*Calm Tummy
Happy You*

Spooky
Sips
Happier
Days



SCAN
MY WEBSITE



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