



Everything Herbal

— by Cheryl Jabz —

Headache Relief

Simple herbal support in a warm cup.

INGREDIENTS

- 1 tsp fresh ginger or peppermint leaves
- 1 cup hot water

INSTRUCTIONS

Steep 10 minutes. Sip slowly.
Helps nausea, bloating,
and indigestion.



Tip: Enjoy warm
and sip slowly.



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