



BUBBIE'S *Did You Know...* HERBAL FACT

Peppermint and Digestion

A 2019 systematic review and meta-analysis of randomized controlled trials found that peppermint oil may help relieve symptoms of Irritable Bowel Syndrome (IBS) including bloating, gas, and abdominal pain.

Promising short-term evidence

**Relieves bloating • Eases gas • Soothes the stomach
Supports overall digestive comfort**

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

SUPPORTING EVIDENCE

Haller et al., BMC Complementary Medicine and Therapies (2019) 19:15

Bible Verse

"You prepare a table
before me in the presence
of my enemies. You anoint
my head with oil; my cup
overflows."

Psalm 23:5 (NIV)

BUBBIE'S Herbal Tea Recipe Soothing Peppermint Tea

INGREDIENTS

- 2 cups water
- 1 tbsp fresh peppermint leaves (or 1 tsp dried peppermint)
- 1 tsp honey, optional
- Slice of lemon, optional

DIRECTIONS

Bring water to a boil.
Add peppermint leaves.
Reduce heat and steep
5–10 minutes.
Strain and add honey and
lemon if desired.
Sip warm or enjoy iced
for a refreshing treat!

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