

Good
Herbs
Good
Days
♡



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

PEPPERMINT and Digestive Comfort

A 2019 systematic review and meta-analysis of 12 randomized controlled trials found that peppermint (*Mentha piperita*) may help relieve symptoms of irritable bowel syndrome (IBS), including abdominal pain, bloating, and overall digestive discomfort, with significant benefits compared to placebo.

Promising short-term evidence

- May help ease abdominal pain
- May reduce bloating and gas
- Supports healthy digestion
- May help relax the muscles of the gut
- Traditionally used for upset stomach and indigestion

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

Bible Verse

"May the God of hope fill you with all joy and peace as you trust in Him."

Romans 15:13 (NIV)

Herbal
Moments
Happier
Days
♡

Nature
gives us simple
solutions for
brighter days.
♡

BUBBIE'S Herbal Tea Recipe

Soothing Peppermint Tea

INGREDIENTS

- 2 cups water
- 1–2 tsp dried peppermint leaves (or 4–6 fresh leaves)
- 1 tsp honey (optional)
- Slice of lemon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add peppermint leaves, cover and steep 5–10 minutes.
3. Strain, add honey and lemon if desired.
4. Sip slowly and enjoy a happier tummy!

*Good Digestion
Brighter Days*
♡

PLANT
KINDNESS
GROW
WELLNESS
♡

A
Happier
You
Naturally
♡



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