



EVERYTHING HERBAL

— by Cheryl Jabz —



Ginger Fennel Digestive Tea

BENEFITS

Helps reduce bloating and gas.
Supports digestive motility. May ease
stomach discomfort. Encourages
healthy digestion.



INGREDIENTS



1 tablespoon fresh ginger, sliced



1 teaspoon fennel seeds



2 cups water



1 teaspoon honey (optional)

INSTRUCTIONS

- 1 Bring water to a boil.
- 2 Add ginger and fennel seeds.
- 3 Simmer 10 minutes.
- 4 Strain and sweeten if desired.



SUGGESTED USE:
Drink after meals.

Scan Me



DOWNLOAD
THIS PAGE



www.EverythingHerbalbyCherylJabz.com

Print • Save • Share