



EVERYTHING HERBAL

by Cheryl Jabz



Flaxseed Digestive Tea

BENEFITS

Rich in soluble and insoluble fiber.
Helps soften stool. Supports healthy
gut bacteria. Gentle enough for
regular use.

INGREDIENTS



1 tablespoon whole flaxseeds



2 cups water



1 teaspoon honey (optional)



Lemon slice (optional)

INSTRUCTIONS

- 1 Bring water to a boil.
- 2 Add flaxseeds and simmer for 10 minutes.
- 3 Remove from heat and steep 5 minutes.
- 4 Strain if desired.
- 5 Add honey or lemon and enjoy.



SUGGESTED USE:

Drink 1 cup in the morning
and another in the evening

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