



Everything
HERBAL
by Cheryl Jabz

Herbs for
the Body
Peace for the Soul
Live Well Naturally
Every Day

Bubbie's Daily Herbal Remedy

Simple Remedies for a Healthier,
Happier You

NATURAL
REMEDIES
BRIGHTER
DAYS
HEALTHIER
YOU

SMALL
STEPS
LEAD TO
BIGGER
WELLNESS

Bubbie
Says...
Good
Health
Is Always
In Season

Kind
People
Heal
People

Lemon Ginger Honey Wellness Tea

DETOXIFY SOOTHE ENERGIZE SUPPORT IMMUNITY

Health Benefits

- ♥ Helps support immune function
- ♥ May reduce inflammation
- ♥ Soothes sore throats
- ♥ Supports healthy digestion
- ♥ May ease nausea
- ♥ Rich in antioxidants
- ♥ Helps cleanse and detoxify
- ♥ Supports respiratory health
- ♥ Naturally caffeine-free

A soothing cup
of goodness! ♥

Bubbie's Tip

Keep fresh ginger and lemons
on hand – they're simple
ingredients that can make a
big difference in your
daily wellness! ♥



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More Herbal Inspiration



Take
Time for
YOU

Bible Verse

"For I will restore health
to you and heal you of
your wounds,"

Jeremiah 30:17 (NIV)

Faith
Health
Happiness

Recipe

- 1 cup water
- 1-2 slices fresh ginger
- Juice of 1/2 lemon
- 1-2 teaspoons raw honey
(or to taste)

Bring water to a boil.
Add ginger and simmer
for 5-10 minutes.
Remove from heat.
Add lemon juice and honey.
Stir well and enjoy!

Sip Wellness Naturally! ♥

www.EverythingHerbalByCherylJabz.com

Live Well • Naturally • Everyday

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