



EVERYTHING HERBAL

by Cheryl Jabz

Natural Solutions for a Healthier You



REMEDIES for COLD & FLU



Important Note: These natural remedies are traditional wellness practices and are not intended to diagnose, treat, or cure illness. Always consult a healthcare professional if symptoms are severe, persistent or worsening.



Cold & Flu

Along with herbal teas and tonics, these simple natural remedies can help support your body during cold and flu season. They focus on easing symptoms, boosting immunity, and promoting faster recovery. Below are simple teas, tonics, and traditional blends using common ingredients.



Ginger Tea → reduces inflammation, warms the body



Honey & Lemon → soothes throat, supports immunity



Garlic → natural antimicrobial



Tip: Sip warm fluids all day.



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