



Everything Herbal

by Cheryl Jabz

Rooted in Nature. Guided by Purpose.

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RECIPE

Valerian Sleep Tea

*A stronger herbal
nighttime blend.*



INGREDIENTS

- 1/2 teaspoon valerian root
- 1 teaspoon chamomile
- 1 teaspoon passionflower
- 1 1/2 cups water
- Honey optional



INSTRUCTIONS

- 1 Bring water to a gentle simmer.
- 2 Add valerian root and simmer 5 minutes.
- 3 Remove from heat and add chamomile and passionflower.
- 4 Cover and steep 10 minutes.
- 5 Strain and sweeten lightly.



BENEFITS:

Valerian is traditionally used for insomnia.
Passionflower may calm racing thoughts.
Chamomile softens the earthy flavor.



NOTE:

Valerian has a naturally strong earthy scent.

SCAN ME



NATURAL
SOLUTIONS



BETTER SLEEP
TONIGHT



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