

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

Spiced Apple Cider

♥ WARM • NOURISH • IMMUNE SUPPORT ♥

Health Benefits

- ♥ Supports immune health
- ♥ Helps fight seasonal illnesses
- ♥ Rich in antioxidants
- ♥ Supports respiratory health
- ♥ May soothe sore throats
- ♥ Helps reduce inflammation
- ♥ Aids digestion
- ♥ Warms and comforts the body

*Nature's goodness
in every sip! ♥*

Bubbie's Tip ♥

Make a big batch and keep it in the fridge. Reheat a cup whenever you need a little comfort. It's like a warm hug in a mug! ♥

Take
Time for
YOU
♥

Bible Verse ♥

"He gives strength to the weary
and increases the power
of the weak."

Isaiah 40:29 (NIV)

Faith
Health
Happiness
♥

Recipe ♥

- 4 cups apple cider (100% pure)
- 1 cinnamon stick
- 3-4 whole cloves
- 1 slice fresh ginger (or ½ teaspoon ground)
- 1 strip of orange peel (optional)
- 1-2 tablespoons raw honey (to taste)

Combine all ingredients in a saucepan. Bring to a simmer (do not boil). Let simmer for 15-20 minutes. Strain if desired. Pour into a mug and enjoy warm!

Cozy Sips, Healthier Days! ♥



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