

## Everything HERBAL

by Cheryl Jabez

Sip  
Goodness  
Live Brighter!

### CALM MIND, HAPPY HEART

"You will keep in perfect peace  
those whose minds are  
steadfast, because they trust  
in you."

— Isaiah 26:3 (NIV)

## Bubbie's Daily Cup of Tea

### CHAMOMILE LAVENDER LEMON BALM TEA

A gentle, calming blend to help you  
relax, reduce stress and find  
peace — one cup at a time!

#### INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 2 Tbsp dried chamomile flowers  
(or 2 chamomile tea bags)
- ♥ 1 Tbsp dried lavender flowers
- ♥ 1 Tbsp fresh lemon balm leaves  
(or 1 tsp dried lemon balm)
- ♥ 1 lemon, sliced
- ♥ 1–2 tsp honey (optional)

#### DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add chamomile, lavender and lemon balm.
- 3 Reduce heat and simmer for 5–10 minutes.
- 4 Remove from heat and add lemon slices.
- 5 Strain into cups.
- 6 Sweeten with honey if desired. Sip slowly and let the calm begin!



### Bubbie's TEA TIP

Enjoy this tea in the evening or  
whenever you need a moment of calm.  
Close your eyes, take a deep breath  
and let each sip bring a little more  
peace to your day.

#### BUBBIE'S TIP

Use dried or fresh lemon balm for its  
natural calming benefits. A drop of raw  
honey adds sweetness and extra soothing  
support.

#### GOOD TO KNOW

Chamomile may help ease anxiety, improve  
sleep and support digestion. Lavender is  
known for its relaxing properties. Lemon balm  
can help calm the mind and reduce stress.

Source: NIH – Chamomile, Lavender, Lemon Balm

SCAN & VISIT



DOWNLOAD THIS PAGE

[www.EverythingHerbalByCherylJabez.com](http://www.EverythingHerbalByCherylJabez.com)

FOLLOW & CONNECT!



@EverythingHerbalByCherylJabez

PRINT • SAVE • SHARE

Live Well • Naturally • Everyday