

Grateful
People
Use
Herbs
♡



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

ECHINACEA and Seasonal Support

A 2021 systematic review and meta-analysis of 24 randomized controlled trials found that echinacea (*Echinacea purpurea*) may help reduce the risk and duration of upper respiratory tract infections, such as the common cold, especially when taken consistently at the first signs of symptoms.

Promising short-term evidence

- ♡ May support a healthy immune system
- ♡ May reduce the severity and duration of colds
- ♡ Rich in antioxidants
- ♡ Traditionally used for seasonal wellness

Evidence quality was rated moderate; more large, high-quality studies are needed to confirm long-term benefits.

Bible Verse

"The Lord will sustain you in illness and restore you to health."

Psalms 41:3 (NIV)

Simple
Herbs
Stronger
Days
♡

View Bubbie's Did You Know
Herbal Facts on my website

www.EverythingHerbalByCherylJabz.com

Live Well • Naturally • Everyday ♡

Good
Health
Grows
Happier
Days
♡

BUBBIE'S Herbal Tea Recipe

Immune Support Echinacea Tea

INGREDIENTS

- 1 cup hot water
- 1 tsp dried echinacea (leaves, flowers or root)
- 1 tsp honey (optional)
- 1 slice lemon (optional)

DIRECTIONS

1. Pour hot water over echinacea.
2. Cover and steep for 10 minutes.
3. Strain, add honey and lemon if desired.
4. Sip and enjoy!

*Wellness
One Sip at a Time*



PLANT
KINDNESS
GROW
WELLNESS
♡



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