



DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. ♡

TODAY'S HIGHLIGHT:

GINGER & LEMON IMMUNE BOOSTER

A warming, zesty blend that supports your immune system and helps you feel your best — naturally! ♡

HOW TO MAKE IT



Steep 3–4 slices of fresh ginger in 1 cup of hot water for 10 minutes.



Add the juice of 1/2 lemon and 1 tsp honey (optional).



Stir, sip, and enjoy warm!

Make it a daily habit for a healthier you! ♡



TINY HERBAL TIP

Drink warm (not hot) to soothe your throat and support digestion. ♡



QUICK BENEFITS



SUPPORTS IMMUNITY

Ginger and lemon are rich in antioxidants and vitamin C.



SOOTHES & COMFORTS

Helps ease sore throat, reduce inflammation & support respiratory health.



AIDS DIGESTION

Ginger supports healthy digestion and reduces bloating.



NATURAL ENERGY

Refreshing and hydrating for an all-day boost.

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