

Cozy
Herbs
Warm
Hearts
Happier
Days

Everything
HERBAL

by Cheryl Jabz

BUBBIE'S Did You Know?

SIMPLE HERBS ♥ BRIGHTER DAYS

Good
Food
Good
Herbs
Good
Days

Simple
Herbs
Real Wellness

CINNAMON

and Balanced Blood Sugar

A 2019 systematic review and meta-analysis of 16 randomized controlled trials found that cinnamon (*Cinnamomum verum* or *C. cassia*) may help improve fasting blood glucose levels, insulin sensitivity, and other markers of metabolic health, with significant benefits compared to placebo.

Promising short-term evidence

- May help support healthy blood sugar levels
- May improve insulin sensitivity
- Rich in antioxidants
- May support heart health
- Traditionally used to support overall wellness and healthy metabolism

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

Bible Verse

"May the favor of the
Lord our God rest on us;
establish the work of
our hands for us."

Psalms 90:17 (NIV)

Herbal
Moments
Happier
Days

BUBBIE'S Herbal Tea Recipe

Cozy Cinnamon Spice Tea

INGREDIENTS

- 2 cups water
- 1 cinnamon stick (or 1 tsp ground cinnamon)
- 1 slice fresh ginger (optional)
- 1 tsp honey (optional)
- 1 slice apple (optional)
- Pinch of cloves or nutmeg (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add cinnamon and ginger (if using).
3. Simmer for 10 minutes.
4. Add honey, apple, and spices if desired.
5. Sip slowly and enjoy a cozy, healthier you!

Warm Sips
Brighter Days



SCAN
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