

Good
Herbs
Keep Your
Heart
Beating
Brighter
Days ♥

Everything
HERBAL

by Cheryl Jabz

BUBBIE'S *Did You Know?*

SIMPLE HERBS ♥ BRIGHTER DAYS

HAWTHORN

and a Healthier, Brighter Heart

A 2023 systematic review and meta-analysis of 18 randomized controlled trials found that hawthorn (*Crataegus spp.*) may help support heart health, improve blood circulation, reduce blood pressure, and enhance exercise tolerance, with significant benefits compared to placebo.

Promising short-term evidence

- ♥ May help support healthy blood pressure already in normal range
- ♥ May improve circulation and blood flow
- ♥ Rich in antioxidants (flavonoids)
- ♥ May support heart muscle function
- ♥ Traditionally used to strengthen the heart and promote overall cardiovascular wellness

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

Bible Verse

"Above all else,
guard your heart,
for everything you do
flows from it."

Proverbs 4:23 (NIV)

Herbal
Moments
Happier
Days ♥

BUBBIE'S Herbal Tea Recipe

Heart Happy Hawthorn Tea

INGREDIENTS

- ♥ 2 cups water
- ♥ 1-2 tsp dried hawthorn berries (or 1 tbsp fresh)
- ♥ 1 tsp hibiscus (optional)
- ♥ 1 tsp honey (optional)
- ♥ Slice of orange (optional)
- ♥ Cinnamon stick (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add hawthorn berries and hibiscus (if using).
3. Simmer for 10-15 minutes.
4. Strain into a cup.
5. Add honey, orange, or cinnamon if desired.
6. Sip slowly and enjoy!

*Healthy Hearts
Brighter Days*



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Herbal Facts on my website

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