



Herbs for
the Body
Peace for the Soul
Live Well Naturally
Every Day



Bubbie's Daily Herbal Remedy

Simple Remedies for a Healthier,
Happier You

Chamomile Sleep & Calm Tea

♥ RELAX ♥ UNWIND ♥ RESTORE ♥ SLEEP BETTER ♥

Health Benefits

- ♥ Helps reduce stress and anxiety
- ♥ Supports better sleep
- ♥ Calms the nervous system
- ♥ Soothes digestion
- ♥ May ease headaches tension
- ♥ Supports a peaceful mind
- ♥ Gentle and caffeine-free
- ♥ Promotes overall well-being

*Rest today for a
brighter tomorrow! ♥*

Bubbie's Tip ♥

Make this tea part of your evening wind-down routine. Turn off the screens, get cozy, and let your cup of calm help you drift into a restful night's sleep! ♥



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Recipe

- 1 cup hot (not boiling) water
 - 1 tablespoon dried chamomile flowers (optional: ½ teaspoon dried lavender)
 - 1 teaspoon raw honey (or to taste)
 - 1 slice of lemon (optional)
- Place chamomile (and lavender, if using) in a mug. Pour hot water over the herbs. Cover and let steep for 5–10 minutes. Strain if desired. Stir in honey and add lemon if desired. Sip slowly and breathe deep!

Sweet Dreams Naturally! ♥

Bible Verse ♥

"In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."

Psalms 4:8 (NIV)



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