



Everything Herbal

— BY CHERYL JABZ —

Rooted in Nature. Guided by Purpose.



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THIS RECIPE



Deep Sleep Chamomile Blend

A CLASSIC RELAXING BEDTIME TEA



INGREDIENTS:

- 2 teaspoons dried chamomile flowers
- 1 teaspoon lemon balm
- ½ teaspoon lavender buds
- 1½ cups hot water
- Honey optional



INSTRUCTIONS:

- 1 Place herbs into a tea infuser or teapot.
- 2 Pour hot water over herbs.
- 3 Cover and steep 10 minutes.
- 4 Strain and sweeten if desired.



Drink 30–60 minutes
before bedtime.



BENEFITS:

Chamomile calms the nervous system.
Lemon balm eases tension.
Lavender adds relaxing aroma.



NATURAL
SOLUTIONS



BETTER SLEEP
TONIGHT



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