

CALMNESS DRINK

Updated by Larry L Reutzel 1/3/2024

INCREASES CALMNESS

Reduces Stress Anxiety Depression

1 to 2 cups

Water

1 tea bag

Camomile Tea

Twinnings is best

HEAT to a boil (e.g. microwave 3 minutes)

STEEP for 5+ minutes

Add 1 lemon

Fresh Lemon Juice

Fresh is best

- **STIR** then enjoy a **RELAXING TASTY DRINK**