HERBAL REMEDIES

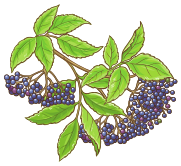
For the lungs and the nervous system

LUNGS:

Mint/Peppermint

Marshmallow Root

Licorice



Elderberries/Elderflower

NERVOUS SYSTEM:

Tulsi

Lavender

Passionflower

Chamomile

Herbal Steaming:

Place 1-2 Tablespoons of herbs of choice in a small pot. Add 1-2 cups of water, cover with a lid, and bring to a boil. Remove lid and place towel/blanket over your heat to create a tent. Breath in, taking in the steam. Do this for 5-10 minutes.

Continue to steep and drink as tea. Herbs can also be used for tea without the steaming.