



*Living & Lovin*  
**HERBS**

## **Brenda's Long-Term Lung Support Tea**

- 5 parts Mullein
- 3 parts Marshmallow
- 5 parts Peppermint
- 5 parts Rosehips
- 2 parts Lavender dried lavender buds
- 2 parts Tulsi
- 2 parts Ashwagandha

Mix herbs in large bowl and spoon out 2 heaping tablespoons into cup. Add just off the boil water and steep for 10 minutes. Drink as much as you wish.