

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.

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