

Quitting_Smoking_Helpfull_Herbs_2003.txt

SMOKING HERBS AND SUPPLIES

Herbs:

Blackberry ? stomach complaints, gentle tonic.

Chamomile ? calming, relieves nervous excitement, excellent sweet flavor.

Horehound ? stimulant, expectorant, relieves stomach complaints

Licorice ? expectorant for coughs and chest, sweet, woody flavor

Mullein ? relieves lung congestion, soothes throat, tones mucus membranes of respiratory system.

Spearmint ? stimulant, relieves nausea, fresh, mint flavor

Any combination of these herbs will make a nice blend. Make sure, however, that you always use either mullein, blackberry or horehound in your blend as their leaves are soft and fluffy and will make rolling easy. The chamomile, licorice and spearmint won't roll well by themselves.

Herb sources:

1. Pacific Botanicals: Organic or Wildcrafted

Herb	Cost/lb for 1-5lbs	Cost/lb for 6-24lbs
1. Blackberry is not available through Pacific Botanicals		
2. Chamomile	\$12.90	\$12.00
3. Horehound	\$10.50	\$9.60
4. Licorice	\$9.80	\$8.80
5. Mullein	\$8.00	\$7.60
6. Spearmint	\$9.10	\$8.30

Prices do not include shipping

4350 Fish Hatchery Road

Grants Pass, Or 97527

www.pacificbotanicals.com

(541) 479-7777

Mon-Fri 8:00-5:00 Pacific Time

2. AmeriHerb: No spray, untreated, non-irradiated (not organic or wildcrafted)

Herb	Cost/lb for 1-5lbs	Cost/lb for 6-24lbs
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1. *Blackberry		
1. Chamomile	\$5.20	\$4.90
2. Horehound	\$4.90	\$4.60
3. Licorice	\$4.00	\$3.70
4. Mullein	\$4.90	\$4.30
5. Spearmint	\$2.90	\$2.70

Prices do not include shipping

*Blackberry is available through Ameriherb, but it has too many thorns and stems in it. Best bet is to special order through your local health food store and make sure it is soft and fluffy with no hard stems or thorns.

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