

Herbal Snuff Formula

(A part is a measurement by volume = cups, Tbls, etc.)

7 parts Goldenseal Root Powder
7 parts Bayberry Bark Powder
1 part Cayenne Pepper Powder
1 part Garlic Powder

All the above must be ground up very finely. Best to use Habanero Cayenne as it is the hottest. Mix it very well as a clump of Cayenne could keep your eyes in tears for an hour ;o) Won't hurt you though.

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