The following three tea blends are perfect for dry and irritated lungs caused by smoke inhalation, dry air or fine particle inhalation. The instructions at the bottom are the same for each tea blend. These teas can be drank daily to support overall lung health.

#1 Relax & Restore the Lungs Tea
1/2 cup (10 grams) finely crumbled dried mullein leaves
1/8 cup (4 grams) finely crumbled dried plantain leaves
1/8 cup (4 grams) finely crumbled dried mallow leaves
1 Tablespoon dried hibiscus
2 teaspoons dried mint

#2 Support Your Heart and Soothe Your Lungs
1/4 cup finely crumbled dried mullein leaves
1/4 cup finely crumbed linden leaves/flowers
1/4 cup hawthorn leaves and flowers
1 tablespoon lemon balm
1 tablespoon lemon verbena

#3 Longterm Lung and Nerves Support
1/4 cup finely crumbled dried mullein leaves
1/4 cup finely crumbled dried red clover flowers
1/4 cup dried oatstraw
1 tablespoon marshmallow root
1 tablespoon dried rose hips
large pinch of tulsi (or lemon balm)

1. Place all of the ingredients in a quart jar (or quart-sized tea press). Pour just-boiled water over the herbs, stir well, and then cover. Infuse for 30 minutes or as long as overnight.
2. Strain well through a coffee filter or a couple layers of cheesecloth to avoid the small irritating hairs on the mullein leaves. Drink within 24 hours.

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