

Cannabis Tea for Gut & Breath Support

By Tu'uwata (thatmeanstruth.com)

Ingredients:

- 0.25–0.5 gram **decarboxylated cannabis** (high CBD or balanced strain)
- 1 tsp **dried peppermint** or fennel seed
- 1 tsp **dried chamomile** (or mullein for lungs)
- 1–2 tsp **coconut milk or coconut oil** (THC needs fat to absorb)
- Optional: slice of ginger or cinnamon stick

Instructions:

1. **Decarb cannabis:** Bake crushed buds at 240°F for 25–30 minutes.
2. In a saucepan, add 2–3 cups water, herbs, cannabis, and coconut milk/oil.
3. Simmer on **low heat** for 15–20 minutes (don't boil hard).
4. Strain and sip warm.

Use:

- Drink on an **empty stomach**
- Good before bed or when fasting
- Expect effects in **30–60 minutes** (milder than edibles)

Recommended Strains:

- Harlequin
- ACDC
- Cannatonic
- Granddaddy Purple
- Northern Lights