

# Herbal Smoking Blend (Optional, Gentle Use)

By Tu'uwata ([thatmeanstruth.com](http://thatmeanstruth.com))

If you're an occasional smoker, make it **gentler, cleaner**, and **more spiritual**:

## Herbal Blend:

- **Mullein** – Lung cleanser, soft smoke
- **Damiana** – Mild euphoric, heart opener
- **Skullcap** – Calms nerves and gut
- **Lavender or rose petals** – Soothing, fragrant
- **Crumbled cannabis** (1:3 ratio to herbs)

Roll small joints or use a pipe. Do not inhale deeply if you're still healing from gut and respiratory issues.

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