

~ Ask Granny Earth ~

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Mullein

ASK GRANNY EARTH

I want to take this opportunity to thank The Latrobe Bulletin in general and Joy Scalzo in particular for last week's article: "**Who is Granny Earth?**"

While Joy was at my house conducting the interview for the article, we drank Passion Flower/ Chamomile herb tea and smoked some Mullein leaf in a corncob pipe- I thought that she needed to slow down and relax a bit. The American Indians used to smoke Mullein to relieve lung congestion and to relax. It does have a way of making one's mood elevated when smoked. But, you have to smoke several pipes full to get the effect. I gave Joy a small baggie full of Mullein leaf (it's perfectly legal!) to take with her when she left, which she shared with some of her friends who expressed a desire to quit the nicotine habit. The response was- "It tastes great! Can we get

some more?" Herbal tobaccos are a good way to get the medicinal effect of herbs, while at the same time breaking the cigarette habit.

What I love to do most of all is to put together herbal formulas. Joy said that if I could put together a combination of herbs that taste good and would help people to kick cigarettes that her friends would be interested in buying it. Well, that's all she had to say, and Walla! I was off and running. I had put together an herbal blend last spring for myself, and was very familiar with what would make a good medicinal, pleasant tasting (non) tobacco.

By the way, this is usually how I develop new formulas. Someone will ask me for something (herbs) for a specific condition. I use my previous knowledge and current research to critique a special formula for them. After they report their positive results to me (herbs always work), I add that formula to my existing line. I could market single herbal tinctures and salves, but like I said, I just love putting formulas together.

And so the newest product in the Granny Earth line is: *Lighten Up, Herbal Smoke*. Below is a list of the herbs in this (tobacco-like) product and their medicinal properties:

- 1. Mullein** (*Verbascum thapsis*): Long respected for use in treating respiratory ailments such as bronchitis, pneumonia and asthma. It is mucilage, soothing and has anti-viral properties. Native American Indians smoked Mullein for coughs and chest complaints.
- 2. Lobelia** (*Lobelia inflata*): Nicknames are: Indian tobacco, wild tobacco. Native Americans smoked the dried leaves as a substitute for tobacco and to treat bronchial complaints, sore throat and coughs. Lobeline (the main alkaloid in this herb) was once approved by the FDA as a "stop smoking" aid, because it has a similar chemical structure to nicotine. The nicotine receptor in the body can be occupied by lobeline, reducing the urge for nicotine. Lobeline is not habit-forming.
- 3. Licorice** (*Glycyrrhiza glabra*): Used for several thousands of years in both Eastern and Western practices, Licorice is known as "the grand tonic of the world". Its primary uses are in the treatment of ulcers and stomach ailments, adrenal gland deficiency, and in respiratory and intestinal complaints. Smoking it will help to relieve sore throat and hoarseness.
- 4. Lemon Balm** (*Melissa officinalis*): The leaves have a pleasant lemony flavor. Medicinally this herb has the reputation of being esteemed for all complaints that proceed from a disordered state of the nervous system. The famous herbalist Gerard is quoted as saying, "It comforts the heart and driveth away melancholy and sadness." Lemon balm has a long tradition as a tonic remedy that raises the spirits and lifts

the heart.

So many people are addicted to the chemical laden tobacco in cigarettes. When you consider the healing properties in the above herbs, and the fact that they are either organically grown or wild crafted, then one thing's for sure, there are no added chemicals- other than what might be floating around in the air. This coupled with their historical medicinal properties and good taste, might make for an interesting adventure.

If you're a non-smoker, remember: Let's not condemn the addicted smoker. We all have our addictions, whatever they might be; tobacco, alcohol, drugs (illegal or otherwise), sex, dis-ease, religion, food, shopping, cleaning, controlling, whining and complaining, TV, computer games, etc. And, if we were perfect then we wouldn't be here on this Earth plane. We'd be angelic spirits, now, wouldn't we now?