Mullein Leaf - Loose Herb

DESCRIPTION

The Herbalist's Lung Herb

Dried mullein leaf (*Verbascum thapsus*) — the soft, velvety leaf of the tall roadside plant with the yellow flower spike. It brews a mild, earthy, slightly sweet tea.

Mullein has been a lung remedy for more than two thousand years. Dioscorides, the Greek physician, recommended it for the chest in the first century. Native American peoples adopted it after it arrived from Europe and used it for coughs, congestion and asthma. In Appalachian folk medicine it is still the first herb people reach for when a cough settles deep in the chest.

What science has found so far:

- Mullein is rich in **mucilage**, a soft plant gel that coats and soothes irritated tissue, and in **saponins**, which herbalists use to help loosen and move stuck mucus.
- In two studies of children with ear pain, ear drops made from mullein, garlic, calendula and St John's wort eased pain as well as anaesthetic ear drops. (Sarrell et al., 2001)

The Eastern view: Mullein is a Western herb, not a classical Chinese one, but its actions match the TCM herbs that **moisten the Lung and transform phlegm** — cool, sweet and soothing, for the dry, tickly, hacking cough that comes from Lung dryness and Heat. Herbalists describe it the same way in their own words: it softens what is hard and soothes what is raw.

Ways to use it:

- **Tea** — 1–2 teaspoons in a cup of just-boiled water, covered, for 10–15 minutes. Strain and sip. **Always strain through a fine cloth, coffee filter or paper filter** — the leaf's tiny hairs can tickle the throat.
- **Chest blend** — with peppermint, thyme or a little ginger and honey.
- **Steam** — a handful in a bowl of hot water, breathe the steam with a towel over your head.

Ingredients: 100% dried mullein leaf.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Strain the tea well through a fine filter — the leaf hairs can irritate the throat.
- Use in moderate amounts during pregnancy and nursing.
- Rarely, handling the leaf can irritate sensitive skin.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
