# Breath of Fresh Air - Herbal Smoking Blend

## DESCRIPTION

**Cool, Minty and Light**

Breath of Fresh Air is our lightest blend — cool and minty, built around the plants that traditions have always turned to for the lungs.

Long before tobacco became an industry, people across the world smoked plants for ceremony, for the breath and for the mind. Native American nations smoked mullein and lobelia for the lungs; Mexican healers smoked damiana; European herb-wives burned mugwort for dreams. Our smoking blends carry on that tradition: **100% herbs, no tobacco, no nicotine** — and for many people, a way to keep the ritual of a smoke while leaving tobacco behind.

**What's in the blend:**

- **Mullein** — the herbalist's lung herb, smoked by Native American peoples for the chest.
- **Marshmallow leaf** — soft and soothing.
- **Lobelia** — the old herb for opening the airways, and a traditional ally for people leaving tobacco.
- **Peppermint & spearmint** — cooling menthol and sweet mint.
- **Lemon balm** — calming and bright.

**The Eastern view:** Peppermint (*Bò He*) is pungent and cool — it opens the head and chest and clears Heat. Mullein and marshmallow behave like the herbs TCM uses to moisten a dry, irritated Lung.

**How to use:** roll on its own, use in a pipe or herbal vaporiser, or brew 1 teaspoon as a tea (steep 10 minutes, strain well). Start with a small amount to learn how it feels for you.

**Ingredients:** Lobelia, Mullein, Marshmallow Leaf, Peppermint, Spearmint, Lemon Balm.

**Size:** Available in a **tin** or a resealable **1 oz pouch**.

Blended and packed to order by a small team of skilled herbal professionals.

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## 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 have a medical condition or take any medications.

**Important Safety Information:**

- Lobelia is strong — use small amounts; too much can cause nausea.
- **For adults 21 and over.**
- Tobacco-free and nicotine-free — but smoking any plant still means breathing smoke. For the gentlest use, choose a herbal vaporiser, or brew the blend as a tea.
- Do not use during pregnancy or while nursing.
- Some herbs in these blends are relaxing — do not drive or operate machinery after use, and do not combine with alcohol or sedatives.
- Keep out of reach of children and pets. Store sealed in a cool, dry place.

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