

# **Herbal Smoking Mixes**

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Smoking mixes have been blended from a variety of herbs since time immemorial.

They have played a vital role in ceremony, recreation, and more recently in medical recovery from addictive substances.

There are many ways one can craft and use a personalized blend of herbs for their own needs and symptoms.

## **ADMINISTRATION & INDICATIONS**

As an herbal application method, the main benefit of smoking/combustion is that this method breaks the blood-brain barrier in just 6-8 seconds. Because of this, smoking mixtures are especially useful for temporary relief of acute conditions.

While smoking is not generally good for your health, occasional use of these herbs can relieve acute symptoms, and help one manage easier for the time being.

Uses may include headache, stress, cramping or pain, addiction sedation, allergies, asthma attacks, anxiety attacks, and more.

People who are wishing to reduce their intake of smoking tobacco may use an herbal blend to cut their tobacco intake, and to wean off the tobacco permanently if they choose.

## **COMPONENTS OF AN HERBAL SMOKING MIXTURE**

- 1) Base Herbs – generally fluffy or stringy, and help hold the other herbs together.
- 2) Action Herbs/Flavor - 1-3 more herbs that will make this blend unique.
- 3) Astringent Herbs – at least one herb just for this, if its not already in one of the first two groups.
- 4) Acute/Kicker Herbs – a small amount of a stronger, more acute acting herb.

## **PROPORTIONS OF THE HERBS FOR A GOOD BLEND**

Base Herbs: 40%

Flavor Herbs/Action Herbs: 40%

Astringent Herbs: 15%

Acute Herbs: 5%

## **GOOD COMBINATIONS AND VITAL THINGS TO INCLUDE IN ALL BLENDS**

You will want to choose at least one flavorful herb for your blend, and you will also want to choose at least one “astringent” herb for each blend.

What does “astringent” mean? Astringent is when herbs suck, shrink, and dry tissues. The classic astringents are witch hazel for the face, and cranberry juice to drink. Think of things that make your mouth dry and pucker. The classic astringent herb for smoking is tobacco, as it is extremely astringent.

Astringent herbs have more tannins than other plants, responsible for this effect. These tannins burn very slowly, and in the mix help it to have a slow-burning coal that stays lit, and doesn’t just burn up too fast.

## **BLENDING PROCESS**

I like to first measure out each herb, whether by weight or by eye.

Then, if any of them need to be cleaned of stems or sticks further, you must do that by hand picking, screening, etc. In some cases you can use a blender to grind the herbs down into smaller pieces.

Once each herb is ready to go, you’ll dump them all into a small tote with a lid, or a large ziplock type bag and close it. Shake the herbs around for about 30 seconds.

Sometimes, especially with stringy base herbs like mugwort, you’ll want to blend the other herbs together first, then blend that mixture into the base herb – in the blender, just pulsing it to get small blends and not powder the herbs.

If you are making a pipe blend, it can have more sticks, stems, and poky parts. If you intend to roll it in papers, you’ll want no stems, no sticks, no poky parts, and are more likely to want to blend it, for a homogenous texture that will help with rolling.

Its ready!

## **MOISTURE CONTROL**

Super dry herbs are not enjoyable to smoke, and they also burn up all that hard work too fast. I recommend storing the majority of your mix completely dry, in an air-tight glass jar, out of the sun and cool if possible. Take smaller amounts out of that and store in a jar or tin you actually use from, and stick a small piece of apple, orange peel, lemon peel, etc. in the tin when you fill it, to rehydrate the herbs. Ideally, you want them about as moist as they can be and still burn, for the best effect and the lowest temperature heat while burning, as well.

## LISTING OF GOOD HERBS TO USE BY CATEGORY

**BASE HERBS** - Mullein, Raspberry leaf, Pearly everlasting, Damiana, Mugwort, Marshmallow root, Willow bark

**ACTION HERBS** – Yarrow, Pedicularis spp., mints, Lemon balm, Red Osier dogwood, green sage, goldenrod, chamomile, St. John's wort, catnip, Damiana, skullcap, Lobelia, passionflower, red root leaf, tulsi, hops.

**ACUTE/KICKER HERBS** – white sage, hummingbird sage, osha root or leaf, valerian, blue lotus, linden flowers and bract, rose petals, Eucalyptus, hyssop, lavender.

**ASTRINGENT HERBS** – uva-ursi/kinnikinnick, red root leaf, willow bark, raspberry leaf, green sage leaf, pipsissewa leaf, mugwort leaf, palo santo.

**ADDICTION SEDATION HERBS** – *Pedicularis groenlandica*, *Pedicularis racemosa*, *Pedicularis densiflora*, etc.. *Lobelia inflata*, *Passiflora incarnate*

In general, if you can make tea with an herb, it is safe to try to smoke it. Depending on the types of phytochemicals it contains, it may or may not give the effect you would expect. You will have to experiment with herbs that are generally safe, to see what you prefer best. Enjoy!