

# Stop Smoking Brew

3 parts lemon grass

2 parts red clover leaf

2 parts mullein leaf

3 parts dandelion root

2 parts alfalfa

1 part valerian

2 parts raspberry leaf

2 parts peppermint

1 part catnip



Simmer dandelion and valerian in water for 10 minute, then pour into a pot containing other herbs and steep for 15 minutes. Use about 1 tsp of root and 1T of leaves and flowers per cup of water. Drink one cup several times daily or as needed for cravings.