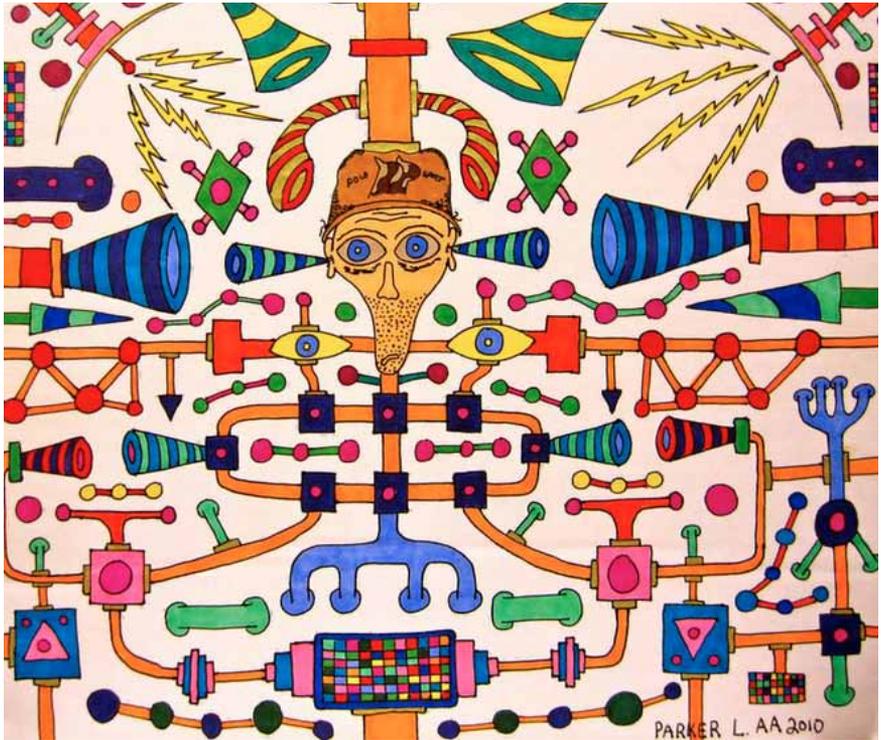


Herbs & Mindfulness



for

Addiction, Recovery & Harm Reduction

Stephen Rye Switzer
Kevin Schmidt

What is addiction? What is recovery? What is harm reduction? I start my workshops with these questions. We all define them differently, and that's ok. I define addiction as - when something in my life becomes habitual, and it's not serving me anymore. This is the point when I would want to stop/cut back, but might need support. That support I call recovery. Harm reduction is things I can do now to support my body. This zine is written to be a resource to folks who want to support their community and themselves through herbs, throughout the process of healing from addictions to alcohol, cigarettes, and other things. This zine can be used by all folks, but is focused on someone who has a beginner to moderate knowledge of herbalism. Check in with your trusted healer friends, or me, before starting any protocol.

Blessed by your feedback and thoughts-
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The conditions of our world lead to a wide spectrum of addiction in our communities. It's important to find the best ways to relate to your own life and habits that is best for you, and that can be supported by your friends, family, and the structure of your individual mind-heart-body. For some, living a sober life is the best and sometimes the only option. In my personal experience, and in my clinical work with others, I have found a harm reduction approach can also be another practical and accessible way to work towards recovery. This zine is intended less as a guide for "how to quit cold turkey" and more a handful of suggestions for how to reduce the harm of addiction, to support recovery, and to supplement with herbs, nutrition, and mindfulness practices--no matter where you are on the spectrum of addiction.

DISCLAIMER:

The contents of this zine are not intended to diagnose, treat, or manage any disease. They are however a guide for you to start the conversation with your doctor, naturopathic doctor, or qualified herbalist. ALWAYS consult with a trusted healthcare provider before embarking on any healing journey. You are not alone.

Greatest thanks to:

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Making & Taking Herbs

You can use herbs in a variety of ways, but most common are teas/decoctions, tinctures and in food.

TEAS: a standard tea is 1 tablespoon herb to 1 cup water, steeped in hot water covered for at least 20 minutes but can be left overnight. Teas are best for leafy herbs. You can usually take 2-3 cups of a tea a day.

DECOCTIONS: a standard decoction is 1 tablespoon herb to 1.5 c water, lightly simmered in a pot, covered, for 20 minutes. Decoctions are for roots and barks

TINCTURE: an extracted herb, most commonly in alcohol, but also can be made in glycerine or vinegar. A standard dose of a tincture is 30-60 drops 3x a day. If you are looking to make your own tinctures, see the resource section for good books to read.

A NOTE ON ALCOHOL TINCTURES: Many herbal tinctures are only properly made by using alcohol as an extractant - which may pose a trigger to some folks with alcohol sensitivities. You will only be taking a very small amount of alcohol but keep in mind that taking a tincture might trigger someone. Its a small amount, but you can still use TEAS or DECOCTIONS for most of these herbs or find tinctures that are alcohol-free. You can also tincture herbs in glycerine or apple cider vinegar for a similar effect (consult with an herbalist for specifics with each herb). Some herbs like milk thistle that are not soluble in anything but alcohol are good ground up in food and smoothies too.

ALCOHOL

Here are some possible steps for giving up alcohol, cutting back, or continuing to drink but supplementing with herbs (keep in mind none of them will interact). The impact of herbs is different for everyone. Please adjust as you need with a seasoned herbalist and community for support. Managing withdrawal symptoms is the first step. Nervines are recommended throughout that process (**passionflower, skullcap, hops, milky oats, for example**). Next is detoxing the liver and grounding (**roots!: yellow dock, burdock, dandelion, ashwaganda, milk thistle**). Throughout, you can use herbs like **schisandra, calamus, celadine and angelica** to manage cravings in the moment. Correcting nutritional and health deficiencies comes next (incorporating, vegetable/fruits, omega-3s, & nutritive herbs like **alfalfa/oatstraw/kudzu**). I read a lot of research that links poor nutrition and addictions. It seems that when the body is malnourished, it is less balanced, and therefore more likely for folks to consume too much or too often. When you're eating a lot of carbs and caffeine, your body can confuse these cravings for alcohol cravings. If you are still drinking, you can always integrate any of these steps/herbs into your life NOW - don't wait until you have eliminated substances completely if that's proving a long term process. Every little bit helps.

Nervines all the time

Passionflower (*Passiflora incarnata*)

Passionflower is my number ONE go to herb for treating withdrawal symptoms from all addictions. It soothes frayed nerves, reduces the severity of anxiety associated with withdrawal, and is safe. Studies have shown it helps prescription meds work better when managing withdrawal symptoms. Use when you are experiencing nervousness, tremors, and any type of stress. Instead of having a drink, have some passionflower tea or tincture! Dosage is standard dose tincture, or tea 1 tsp dry herb in 1 cup water steeped 20 min 2x day.



Skullcap (*Scutellaria lateriflora*)

Skullcap might work better for you than passionflower in reducing nervous withdrawal effects. It has pretty much the same effects as passionflower - good for restlessness, irritability, nervousness and if you can't sleep well and the same side affects. It's NOT recommended to take skullcap after drinking alcohol or before driving. Dose: tea or tincture. Tincture: 15-30 drops 3x and tea, 1tsp in 1 cup water, steep 20 min, 2x day. Or take 15-20 drops every hour in acute withdrawal

Hops (*Humulus lupulus*)

Good combined with one of the above herbs for sleep, general calm-inducing when you need to relax. Best in a tincture combined with other herbs - 10-30 drops.

Milky Oats (*Avena sativa*)

*Different than oatstraw (also good just not as specific)
Milky oats is best in a tincture for long-term support to the nervous system from overstimulation (need a hug? try Avena). Very safe, tea or tincture (60 drops 3x a day).

Grounding Roots (decoction, tincture or eaten)

Dandelion (*Taraxacum officinalis*)

Liver and body tonic. Great in combination with one of the below herbs to help balance. Tea/decoction or tincture. Eat the leaves in the spring, bitter but full of nutrients, raw or steamed.

Yellow Dock (*Rumex crispus*)

Full of iron, grounding energy, and liver/digestion stimulator. Decoction or tincture (30-60 drops)

Burdock (*Arcticum lappa*)

Good for long term use to help liver and skin. Tea or tincture, or you can eat! Try stir frying in sesame oil with carrots.

Milk Thistle (*Silybum maritimum*)

Superior liver rebuilder and protector. Only good as a tincture (in alcohol) or eaten, do not make a tea. Grind and put in smoothies, oatmeal, baked goods.

Ashwaganda (*Withania somnifera*)

Good nourishing root for adrenal fatigue, liver, and energy. Tincture 30-60 drops, or in a tea



Manage Cravings (good in a tincture, potable)

Calamus (*Acorus calamus*)

Reduces craving for alcohol and restores the brain and nervous system. Astringent, pucker up.

Celandine (*Chelidonium majus*)

Helps correct for liver problems due to alcohol abuse and calms emotions during withdrawal or cravings. Low dose botanical - good in small amounts with other herbs (5-10 drops)

Schisandra (*Schisandra chinensis*)

Helps to control anger and aggression, a liver tonic and stress balancer. Tonic and adaptogen, tea or tincture.

Angelica (*Angelica atropurpurea*)

Reduces craving for alcohol and is an anti-inflammatory and antispasmodic. 5-30 drops 3x daily. Beauty, see below



Other Supplements and Vitamins

Evening Primrose Oil

Supplies Omega-6s for proper brain and nervous system functioning. Helps to lessen the affects of alcohol withdrawal. Evening primrose flower essence is also used for recovery. Try 1,000-3,000 mg day to start. Some studies have shown positive results.

Omega-3s

Oils found in fish, flax, and other places soothe anxiety and nervous tissue that have been depleted by alcohol consumption, and help folks recover from it. I'm not a vegetarian and take cod liver oil. If you get fish oil make sure it's high quality. If you eat a lot of fish, it's still good to take a supplement, but eating fish helps too!! There are 3 kinds of omega-3 oil molecules: DHA, EPA and ALA. Fish oil has all 3, but flaxseed oil just has ALA. There is some scientific debate if you get all the benefits from omega-3s with just the ALA from flaxseed, so I say go for it and have some fish oil if it's not against your politics. I eat flaxseeds ground (its important to grind them before use and keep refrigerated!) in oatmeal almost every day and take a cod liver supplement- this stuff works wonders for me and anxiety/health in general. Try 3,000mg-6,000mg of fish oil to start (3-6 gelpcaps a day or a swig of liquid).

B-Vitamins

Crucial for building a healthy adaptive stress response. I take Gary Null's brand, but you should try going to a GOOD herb/supplement store and seeing what they suggest. No Centrum or NOW! That stuff is bad quality.

A QUICK NOTE ON ADAPTOGENS!

Adaptogens are a class of herbs that help the body have a healthy response to stress. The following is taken from David Winstons book (listed in the resources section) and is specifically about smoking cessation, but I think can be applied to many other situations.

“From Kathy Abascal’s Case Files - Addiction Recovery (Smoking Cessation)

Adaptogens and nervines are important supportive therapies for patients experiencing drug withdrawal. Quitting and withdrawal symptoms are still going to be difficult, but adaptogens and nervines can make the difference between success and failure:

‘I pretty much always incorporate them [adaptogens] and always find them highly useful. The one instance where I think we forget to use adaptogens is in smoking cessation ... Most people make it through the physical withdrawal period ... but people smoke as a way of coping with stress, and they need a new way to handle their triggers if they are going to remain non-smokers. Adaptogens help change how they react to stress. I find the adaptogenic effect becomes more noticeable four to six weeks into not smoking... In addiction, adaptogens often express themselves by making people more inclined to make positive changes for themselves without as much effort. Explaining why they are taking the adaptogen helps people understand that smoking is more than an addiction to nicotine. It makes them aware that there are tools to help them with the more difficult problem of finding a way to cope with the stress in their life”

Some of my favorite adaptogens to consider for addiction, recovery and harm reduction are ashwagandha, he shou wu, tulsi, jiaogulan, licorice, reishi, schisandra, and shatavari.

Kudzu (*Pueria labota*)

Kudzu root has been used by Chinese herbalists to reduce cravings and as an anti-alcohol herb for thousands of years. It neutralizes acidity and relieves aches and pains. Studies have shown that folks taking kudzu have a significant reduction in the amount of alcohol they consume. I haven't found a lot of information on dosages, except for 1.2 mg/day of an extract used in some scientific studies. I also found this delicious recipe for savory kudzu tea: dissolve kuzu root starch (1 heaping tsp) in cold water (1 c.), add grated ginger root (pinch), heat until begins to boil, stir tea until thick, remove and blend in tamari (splash) and umeboshi plum (pinch). drink 1/2 - 1 cup 1-3x a day for nutritional support. Kudzu seems to be very safe and can be used in combination with any other therapy. You can also take kudzu capsules - two - eight 00 double zero capsules a day.

Mentat Combination of - **Ashwaganda, bacopa, morning glory, gotu kola, spikenard root, indian valerian, triphala, guduchi, mucuna.**

An ayurvedic herbal formula traditionally used (and seconded by western science) to "reduce relapse in abstinent alcoholics." I have no experience in this herbal combination but it kept coming up in my research. Work with an ayurvedic practitioner to get a more solid opinion and dosing - but I would definitely try it- its a fascinating combination of herbs. Basic internet research reveals it is a brain tonic and adaptogen (herbs that help the body respond to stress) and the herbs I know in the formula (gotu kola and ashwaganda) corroborate these claims. I would try it! (see preceeding page for more on how adaptogens work)

CHILL TEA

1 part **tulsi**

1 part **skullcap**

1 part **oatstraw**

1 part **rose**

1 part **nettles**

Steep 1 tablespoon herbs to 1 cup water covered, for at least 20 minutes. Drink often for continued health.

Julia Bennett, a great healer and a mentor, uses a mix of these herbs to support folks in recovery: **Calamus** Root, **Echinacea** (Angustifolia) Root, **Peppermint** Leaves, **Skullcap**, **Slippery Elm Bark**, and **Valerian Root**. Tincture or tea would be good!

Sample Protocol & Herb Combinations (consult with a qualified herbalist or at least some books)

For liver repair and grounding - Tincture of **Milk Thistle**, **Schisandra**, **Dandelion**, **Yellow dock**, **Hawthorne**

Tincture (or tea) for withdrawal and cravings - **Milky Oats**, **Passionflower**, **Reishi**, **Celadine**, **Licorice**

Nutritive tea for balance - **Nettles**, **Tulsi**, **Oatstraw**, **Alfalfa**, **Hawthorne**

Mindfulness & Recovery from Addiction

Kevin Schmidt, LCSW
Centerpoint.coop

Many people pursuing emotional balance, recovery from addictions and general wellness in their lives are coming across this concept of “mindfulness.” What exactly is this practice of mindfulness? And how does it apply to recovery from addictions?

“Mindfulness” means being very careful how we pay attention and respond to what we notice, feel, and think.

WHEN to be mindful:

- Be mindful when you notice, feel, or think about things external to you (the weather, other people, media... anything OUTSIDE of your mind and your body.) AND...
- Be mindful when you notice, feel, or think about things internal to you (your thoughts, emotions, “gut feelings”, physical pain, fear, excitement, worries... anything INSIDE your mind, INSIDE your body.

WHY to be mindful:

- Disturbing emotions, upsetting thoughts, and urges to relapse generally last only 5 or ten seconds! These painful experiences, however, can turn into hours of suffering when we “re-trigger” the pain again and again: “There’s my ex-girlfriend... [feel sad for 10 seconds] I bet she has a new boyfriend... [feel more sad and also jealousy for 10 seconds] I will never date anyone again [feel hopeless for 10 seconds]” and on and on for hours. A mindful response will interrupt the “repeat” nature of this pattern. Mindfulness can break the spell of suffering.
- Un-glue yourself from the emotion! A calm, cooler, slightly disengaged observation of the feeling or event does not deny the reality of the event, and yet does not ramp up and repeat the event either.
- Mindfulness doesn’t “solve the problem”, but it provide respite from suffering. What a relief! A mo-

ment of calm! Even if it's just 20 seconds of peace, that's better than unrelenting pain. So now be mindful again, for another 20 seconds of peace. Repeat until you break the spell of suffering.

- Mindfulness DOES “solve the problem!” This practice builds towards insight and perspective on disturbing events, urges, or feelings. With a clear head, you are more able to notice smart, functional solutions and choices that are possible, or may be right in front of you: “Wow, glad I calmed down, because now I remember that my new girlfriend said I should call her if I ever start to fall apart. And here I am in the parking lot of the liquor store, considering the pros and cons of relapse. Good time to call her.”
- Eventually, when we are aware with this calm, open mindfulness, the patterns and meaning of our stress become evident: “My teenager is so frustrating- All that noise and stupid music and silly clothes! [‘Oh wow, look at that, I’m frustrated again, hum..... I want the best for my child and it seems like they get all that negative attention... I’m not so much frustrated I guess, as concerned... I really love them so much!’]”

HOW to be mindful:

- Mindfulness is the practice of careful, focused awareness, without judgments, on the factual events of the present moment. This frame of mind feels open, calm, receptive and maybe even curious.
- Just notice the events you think or feel. (“Humm. Looks like it’s raining today. I’m disappointed. I was looking forward to playing at the park with my son...”)
- It is usually difficult to practice mindfulness for more than a few seconds at a time. Don’t get discouraged! Re-focus and do it again for a few seconds, and again. Its like learning a new sport or to play an instrument, it takes practice. It is OK to get distracted and then re-focused.
- Simply observe, and then describe what is coming in through your senses. Notice the facts, not

your opinion about the facts, this is very important. Don't get washed away in your opinions: "I hate that rain for messing up my plans for going to the park with my son! Stupid rain!"

- Inevitably, you will have strong emotions ("opinions"). And this is what you can do: Observe them too, in a calm and factual manner. "Wow, I'm really mad about this rainy park day thing. No, I'm not mad, it's more like... sadness. I'm actually, also I think, feeling resentment about my ex having so much time with our son. I do resent her, right now, I feel that. Maybe that's part of where this is coming from, I'm not sure. I think its my ex I'm mad at. Wow... (deep breath)"
- Getting washed away by strong emotions is a distraction from mindfulness and can indeed be a central distortion that fuels addiction, anxiety, depression and other emotional and behavioral problems.
- When thoughts and feelings are too much or too disturbing, many people practice mindful breathing. Good old fashioned "take a deep breath" therapy. Yep, it works. Breathe in deeply, nice and slow, hold it briefly, and then blow out very slowly, as long as you can. (The whole time, observe your breathing, not your trauma or pain.)
- Mindful responses are slow and measured, sticking to cautious descriptions of real facts, and then pausing for a moment before calmly observing other relevant facts.
- Mindful responses do not have judgment within them. Refrain from "observing" if an event is "bad or good". Indeed, judgments about good-bad, right-wrong, and should-shouldn't are almost always thick with opinion and are not factual. Judgment often fuels more stress:
 - Judgmental thought: "My alcoholism is just nuts. It's wrong. I hate it. I'm such an idiot to keep relapsing!! I deserve all this until I kill off this terrible part of me!" Daunting. Emotional opinions. Ineffective. Suffering. Leads to more addiction!
 - Non judgmental thought: "My alcoholism is

a powerful addiction. Yep. True. This takes lots of skill to face these facts. I go forward a few weeks, and then I slip up, that's the pattern over six months now. I'm two days sober and I'm scared. I'm going to reach out for some help." Factual. Calm. And useful.

Addiction: Built on Mindlessness

Most alcohol and drug dependent individuals have thinking and behavioral patterns built on mindlessness: "I can't pay attention to this problem right now! I can't deal with this... I need an escape! I need a drink!" "I'm under so much stress, there's nothing I can do about it! It's OK to get high, to get my mind off my troubles!"

Often, these individuals DO have an inclination, at some point, to really attend to their stresses and problems, or other drivers of addiction. They may try to face reality or fix up various vexing problems or relationships. However, as long as they are still vulnerable to being washed away in emotion, and as long as they continue to react with judgmental thoughts built on shame, doubt, and fear, their best efforts at facing addiction are often insufficient.

Addictions are fueled by mindlessness. Often we see extreme emotional and behavioral reactions correlated closely with addictions. At other times, "high functioning" drug dependent individuals carefully maintain the appearance of order and calmness by refusing to face emotions, factual life events, or other aspects of daily life.

Mindfulness: A Key to Recovery!

Almost all individuals with addictions to drugs or alcohol (or behavioral patterns like compulsive shopping, excessive gambling, or eating disorders) can start to face their addiction with a careful practice of honest, calm, non-judgmental mindfulness.

An important first few steps for individuals facing alcohol and drug issues usually includes clearly noticing the "triggers" for using or relapse. Triggers are the thoughts, feelings, or events that lead towards using.

When a person in recovery notices that they are triggered, it is 16

time for immediate mindfulness! “Humm. There’s the liquor store. Yep, I’m just driving by, and I notice... it’s a feeling of guilt. For being an alcoholic. Interesting. No, actually, I feel an urge to go in and see if they have any beer on sale, and just talk with the nice people who work there ‘I’m not going to buy beer, just talk to the clerk’ that’s what I just thought! ... Wow, that’s a really tricky thought, these addictions are sneaky! Humm.. Keep driving... Now its like I’m feeling relief and I’m glad to be sober. And I will make it home without relapsing, yes, that’s my goal. Hmm. I did it. Yes, I feel a sense of relief and success. Resolve.”

People refer to relapse as an incident when someone in recovery uses again. This is true, that is a relapse. A mindful practice of recovery, revealing the power of how we perceive and make sense of the world, leads us to wonder if maybe relapse may ALSO include the un-interrupted and mindless experience of many various triggers, events, behaviors, thoughts, and emotions: “I guess I had a relapse. I went into the tavern and was looking for someone to pick up for a good time last night. No, I didn’t drink, but one-night-stands were often part of my drinking. And to be honest, it is all connected. I went to the tavern, flirting and playing those same old games. I’m not addicted to the sex, no, but if I’m really going to be in recovery, I have to stay out of those dangerous places and I have to not date like that anymore. Because it is all part of feeling ashamed, broke-down, and my sense of entitlement. I didn’t drink last night, but dating like that, especially in the same old tavern, yep, that’s a relapse.”

Sometimes it helps people in recovery to make a list of powerful pro-sober ideas- validating meditations that bring out resilience and commitment to recovery: “I’m stronger when I’m sober. I respect and value my recovery. Sobriety is challenging, and also I am learning many great and powerful skills. I’m going to make it through this moment, and just breathe and be sober.” These lists of important thoughts can interrupt triggers, so you can stay calm and reasonable under pressure. Mindfulness.

Often, consulting with others who have faced these issues is essential for people in recovery. If conversations about recovery might help you, please call your local addiction and recovery providers, pursue mental health counseling, talk to your doctor, or attend an AA/NA meeting and ask about local resources. Reach-

ing out for information is a powerful, meaningful step, and is consistent with a mindful approach to recovery: “I’m not necessarily an alcoholic, but some people say I am. I’m not sure what to make of that. What I do know for sure is that there are people out there to help me figure this out. I think I will make a call or two, and find someone to talk to.”

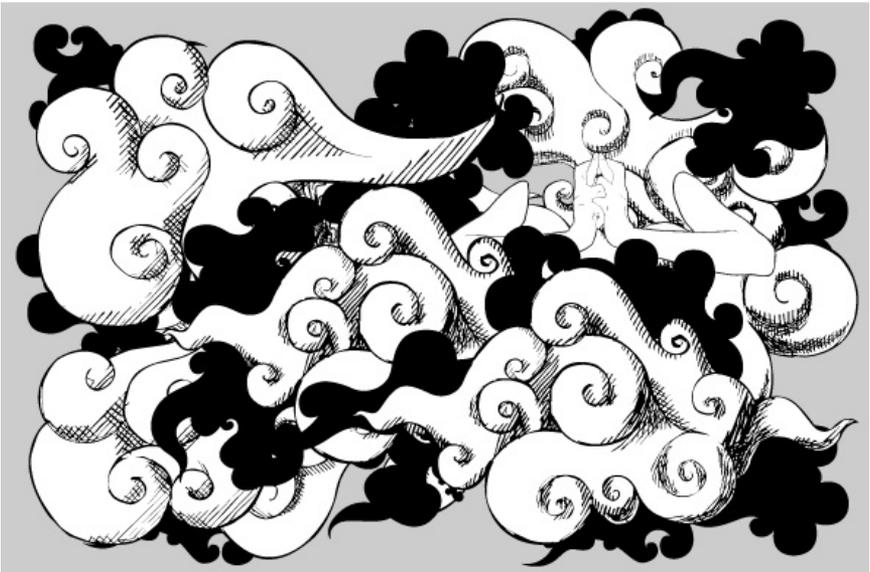
Kevin Schmidt, LCSW is one of the founders of the worker cooperative Centerpoint - Centerpoint.coop - in Viroqua Wisconsin. Centerpoint is a counseling services cooperative founded to provide high quality services to the community without having to charge high fees. Stephen and Kevin met at a coop training in 2013.



TOBACCO

I've smoked since I was 17. I successfully quit for a year, and now am back at it, but in moderation. Writing this zine gives me hope to kick it again. Kicking smoking for me is mostly psychological - thinking about why I use tobacco-as a reason to get away, as a coping mechanism. I know it can be replaced with herbs and healthier things, so I don't worry. My life will be just as rich and amazing as a non-smoker. Or I can smoke in moderation, as a ritual, which is what I'm trying now.

I am not a fan of using nicotine patches or gum, but you should use whatever works for you. Note that smoking of any herb or tobacco is mildly hazardous to you, so do it all in moderation. If you smoke a lot, cutting down before you stop to a couple a day works to relieve the intensity of the initial withdrawal symptoms.



Lobelia

Lobelia has been smoked in rituals for thousands of years. It has a compound called lobeline that is similar in structure to nicotine, thus relieving the intensity of a craving. When you're having a craving, put **ONLY 1 drop** of lobelia tincture under your tongue for relief. It works for me, as lobelia tastes like I've just licked out an ashtray and makes me gag at the thought of a cigarette. Lobelia is an anti-spasmodic and expectorant, indicated for lung problems like ashma and emphysema. A warning on dosing - do not take more than 15-20 drops of the tincture a day, or lobelia will make you puke. Really. You can also smoke small amounts of lobelia but I would work up to this if you're also taking the tincture. Other tips for managing cravings are: chew on a piece of **licorice**, swab a bit of **clove** oil onto the throat, take a shot of a sour, bitter tincture (see below), or just take some slow, deep breaths and try to feel alive!

Mullein (*Verbascum thapsus*)

Tones mucous membranes of lungs and speeds healing. Thins mucus secretions. Standard dose tea and/or tincture.

Coltsfoot (*Tussilago farfara*)

Similar affects as mullein. Standard dose tea and/or tincture.

Skullcap

Anxiety/sleeplessness. Standard does tea/tincture.

Kava-kava (*Piper methysticum*)

Relieves anxiety without causing drowsiness (in small doses) or decreasing mental function. Standard dose tea/decoction or tincture, be careful with the dose at first. Kava is a muscle relaxant so start out slow

Passionflower (*Passionflower incarnata*)

Relieves anxiety. Standard dose tea and tincture.



Valerian (*Valeriana officinalis*)

Helps relax through cravings, relax tense muscles. Standard dose tincture. Note: Some people find valerian to be stimulating - so I would try a small dose on a client first, to see if it has this unwanted affect. This is not a go-to or first-try herb for sleeplessness. I would begin with kava, skullcap, and passionflower instead.

Licorice (*Glycyrrhiza glabra*)

Nourishes adrenals (worn out by withdrawal) and soothes lung inflammation and expels mucus. Standard dose tea/decoction and tincture. Don't use for more than 6 weeks at a time. Works well in blend. Contraindicated for folks with high blood pressure.

Schisandra (*Schisandra chinensis*)

Whole body stress support - tones lungs and eases coughs, soothes liver. Standard decoction/tea or tincture. Works well in blend.

Tumeric (*Curcuma longa*)

Removes carcinogens from body, long term tissue support, and anti-inflammatory. Caps or eating in food is best- 250-500mg 2x day. Black pepper helps it works its magic.

Tulsi

A favorite of mine, tulsi helps both sharpen and relax the mind. It is a tonic for lung complaints and cancers, and mixes well with passionflower, schisandra and skullcap in a blend to minimize irritability and other withdrawal affects. Tea or tincture, standard dose.



Smoking Blends

A way I've found successful in cutting down on smoking tobacco, is mixing herbs in with rolling tobacco and rolling combo cigarettes. An essential herb to mix in is **mullein**, an herb that soothes the upper respiratory tract and lungs. **Coltsfoot** is another delicious herb for smoking. **Damiana** and **passionflower** can also be smoked for their calming affects. A good starter mix would be 75% tobacco and 25% a mix of 2 parts **mullein**, 1 part each of **coltsfoot**, **passionflower or damiana**. I like to add a pinch of **peppermint, mugwort, lavender, or sage** to the mix for their aromatic qualities. You can use the time suggestion below, but if you find that you need a slower reduction, listen to your body, and extend that process to be over a six or eight week process, or longer. The point is to methodically reduce the tobacco and increase the herbal blend.

SMOKING BLEND

2 parts **coltsfoot**

1 part **mullein**

1 part **damiana**

1 part **lobelia**

Peppermint to taste (optional)

Cigarette papers or pipe

1. Purchase dried herbs in bulk at Thirdroot :) or order them online from Mountain Rose Herbs. Be sure all herbs are "cut and sifted" rather than powdered, as this method of preparation is the best for making this blend smoke well.
2. In a large bowl, mix everything together. Store your smoking blend in a large sealed jar or locking plastic bag.
3. Mix tobacco with your herbal blend and follow this weekly formula: Week 1: Mix 75% tobacco with 25% herbs. Week 2: Mix 50% tobacco with 50% herbs. Week 3: Mix 25% tobacco with 75% herbs. Week 4: Smoke only 100% herbs.
4. If you are still experiencing cravings add a little bit more lobelia, this can help.

LUNG SUPPORT TEA

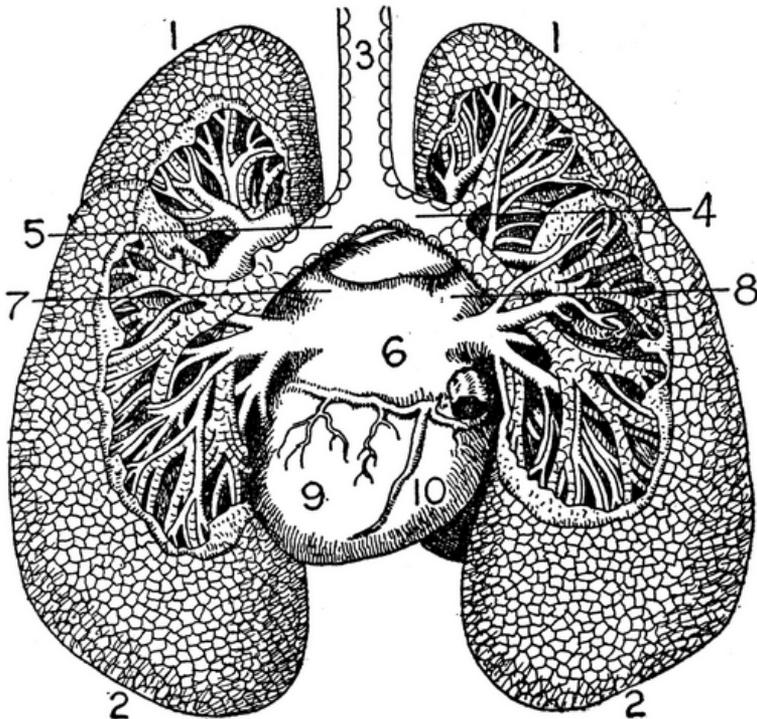
- 1 part **tulsi**
- 1 part **mullein**
- 1 part **coltsfoot**
- 1 part **nettles**
- 1/4 part **licorice**

Steep 1 part herb to 5 parts water (1 tablespoon herb to 1 cup water) for 20 minutes, covered, and drink 2-3 cups a day.

Sample Herbal Protocol

For cravings - Tincture of **Scisandra, Calamus, Skullcap, Lobelia** for cravings (1 dropperful as needed)

For lung and system repair - Tincture of **Elecampagne, Mullein, Peppermint, Hawthorn**



BOOKS/ZINES

The Seasonal Detox Diet by Carrie l'Esperance. - good if you want to detox anything and know herbs/nutrition to support different systems of the body.

Doris #25 by Cindy Crabb - About giving up alcohol, a personal favorite.

Other sources of zines about substance abuse and dependence:
<http://wemakezines.ning.com/forum/topics/drugalcohol-abuseaddiction-and>

Making Plant Medicine - Richo Cech - make your own medicine

SICK: A compilation zine on physical illness by Microcosm
Good resource to see the spectrum of illness and how it's treated by allopathic care providers and people in our communities.

Adaptogens: Herbs for Strength, Stamina, and Stress Relief by David Winston - adaptogens are great for everyone

WEBSITES

The Icarus Project - <http://theicarusproject.net/> - radical mental health support

Moderation Management - <http://www.moderation.org/> - moderation, not abstinence based program

Community Acupuncture - affordable chair acupuncture shown to help with addiction and recovery. pocacoop.com

NADA - www.acudetox.com - affordable ear acupuncture focused on addiction and recovery

Third Root Community Health Center - www.thirdroot.org
Herbalists, community acupuncture, and monthly free acu for people in recovery.

ART (thank you artists!)

<http://dignidadrebelde.com/story/view/198>

Back image Never Give Up by Melanie Cervantes

<http://www.alcoholicoutsiderartist.blogspot.com/>



Thanks for your feedback!

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This zine is available for free electronically at:

www.stephenryemassage.com