

VIDEO: Energy Giving Tea from the Brigham Plant

This week Tyler has another useful desert plant for us. In this video, he shows what the Brigham plant is and, more importantly, what it can provide.

The Brigham plant, *Ephedra nevadensis*, is a natural astringent and also is reported to have an ephedrine-related effect that can provide energy. This kind of knowledge is a great asset to have in your survival knowledge toolbox. When added to a tea with a bit of sweetener, the Brigham tea is a nice backcountry treat.

If you enjoy this video, let us know, and we'll explore edible and medicinal plant content.



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you may experience by following the advice contained in this video.