

New England Acupuncture & Oriental Herbal Services

INSTRUCTIONS FOR PREPARATION OF HERBS

Required:

1 Packet of Herbs Measuring cup Strainer
Pot – preferably glass, stainless steel or claypot

Special Directions:

1. Avoid Aluminum 2. You may add honey according to taste

1. Empty one packet of herbs into a pot. Rinse the herbs once with water. Strain water out.
2. Add 4 cups water. Water should be at least one inch above the herbs.
3. Soak the herbs for 30 minutes at room temperature or 2-3 hours refrigerated. (Dry mixture may absorb about half cup of the water)
4. Cover pot, bring pot to a boil.
5. Once boiling, lower the heat. Simmer (small bubbling) 30 minutes.
6. Pour liquid off, straining into a glass container. This may yield one cup of tea.
7. Repeat step #2, adding 2 cups water to herbs in cooking pot.
8. Cover pot and bring to a boil. Once boiling, lower heat and simmer 15 minutes.
9. Pour off, straining into glass and mixing with tea from first cooking. All together, yield is about 2 cups of tea. If volume is too little, repeat step #2 for further yield of tea. If volume is too much, let simmer longer period of time.
10. Store the herbal tea in refrigerator. Warm up before drinking. If necessary, you may add honey to taste.

Dosage and Use:

1. Use one bag of herbs for (1) (2) days.
 - A. If for 2 times each day:

Divide total volume of herbal tea into 2 parts. Drink one part before or after meals.
 - B. If for 3 times each day:

Divide total volume of herbal tea into 3 parts. Drink one part three times each day.
2. Drink 1 cup tea an hour (before) (after) meals, twice each day.