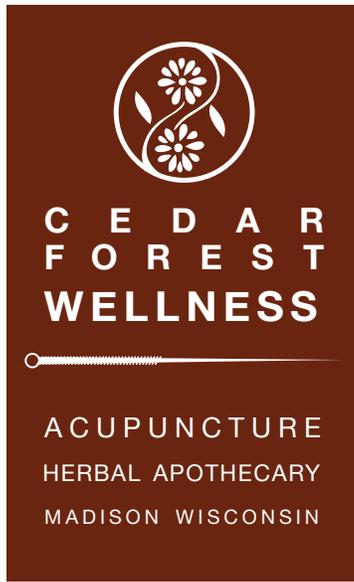


Stovetop directions for cooking Chinese herbal medicine



Cooked Chinese herbs can have a strong or unusual taste to some. The taste is part of the medicine. The body's response to the taste is therapeutic. Your tastebuds regrow every 7 to 11 days. Eventually, the more you take the herbs, the more comfortable you will become with the flavor.

- 1 packet of herbs = 2 days of medicine
- Cover with 4-6 cups of water (enough to cover the herbs)
- Soak for at least **two hours** (ideally soak longer, up to overnight – soaking improves the availability of medicinal properties of the herbs)
- Bring to a boil in soaking water,
- Cover with a lid and decrease heat to a very low simmer for 25 to 60 minutes - the amount of time will be prescription dependent
- Strain out liquid– you should get about 3 to 5 cups of tea – this is your medicine*
- Divide the medicinal tea into four doses - a quart size mason jar or two pint size mason jars work perfectly
- Take one dose in the morning, one dose in the evening each day – ideally slightly warm.** You may add boiling water to heat the tea up or warm it on the stove.***
- Store medicinal tea in the refrigerator
- Used herbs can be composted

*This process is not an exact science so you may have to make adjustments of the quantity of water used to end up with the right amount of medicine (about 2 cups). Remember you are looking to have enough liquid for about 1 to 2 cups of liquid per day (1/2 to 1 cup per dose). Depending on the formula size, this amount of liquid may vary.

** Ideally drink the herbs 1 hour apart from any pharmaceuticals (either before or after).

***Take on an empty stomach, unless otherwise instructed or you experience any digestive discomfort from the herbs.