

## Thermos method for Chinese herbal medicine



C E D A R  
F O R E S T  
W E L L N E S S

ACUPUNCTURE  
HERBAL APOTHECARY  
MADISON WISCONSIN

Use a 2 liter or 1.5 liter thermos.

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
- Preheat your thermos by filling it up with hot tap water
- Bring 2 to 1.5 Liters (6 - 8 cups of water to a boil)
- Once the water on the stove is boiling, empty your thermos of tap water - and put in your herbs. This can be tricky - some of the herbs may need to be broken up. Making a temporary paper funnel can help.
- Carefully pour the boiling water into the thermos. Ideally fill it up to the top to help maintain the heat.\*
- Seal up the thermos & let it sit for 12 hours
- After 12 hours strain out liquid- you should get about 4 to 6 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. Each dose should be about 1 to 1 1/2 cups of liquid\*
- 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 3 cups of liquid per day (1/2 to 1 1/2 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.

This method is derived from Andrew & Julie Nugent-Head (<https://www.thealternativeclinic.org/for-patients/>)

matt@brookmanacupuncture.com • 608 • 866 • 0064