



# CHINA HERB COMPANY

## SLOW-COOKER INSTRUCTIONS

### MATERIALS:

- A glass bottle that holds at least seven cups of liquid to store your tea. If you don't have a bottle this large, use two smaller ones. Avoid plastic containers.
- A wooden spoon, a wire-mesh strainer and a funnel.

### HERBS:

- You will receive a bag of herbs in a brown paper bag. Your herbs may or may not contain separate herbs marked with special cooking instructions

### HOW TO COOK THE HERBS:

- Place the herbs in your crock-pot. Pour approximately 10 cups of water over the herbs. The water should cover the herbs completely by about an inch.
- If your herb bag contains extra bags with special cooking instructions click here for a quick tutorial, or see the PDF on Special Cooking Instructions.
- Simmer on low overnight (approximately 8 hours) or you can try simmering on high for approximately 4 hours. Since sizes of slow-cookers and the volume of herb material can vary, this is only an estimation. The bottom line for this method is that once the herbs come to a simmer, they should cook for about 45-60 minutes.
- When the herbs are finished cooking, strain into a glass container. You should have approximately 7 cups of a highly concentrated tea.
- If you have yielded 7 cups of tea, you can discard your herbs. If not, then add more water to the cooked, strained herbs. Use just enough water to barely see liquid through the surface of the herbs and simmer for 20-30 minutes.
- Store the herbs in the refrigerator. When the herbs settle, there may be sediment in the bottom of the bottle that may be removed with a spoon. Drink 1/2 cup of tea, two times daily. It's best to drink the herbs warm; however, it's O.K. to drink them at room temperature. In general, it's best to take the herbs on an empty stomach\*.

\*Note: the most common side effect of herbs is bloating or gas. If you have any gastric discomfort, take the herbs after eating, and make sure to tell your practitioner about that response so that your formula can be adjusted. Should you have any questions feel welcome to call or email and we will be happy to assist you!