



## CHINA HERB COMPANY

### INSTRUCTIONS FOR PREPARING HERBS: STOVETOP

#### MATERIALS:

- An enamel, glass, or stainless steel pot. Avoid iron, aluminum, and copper cookware.
- A glass bottle that can store at least seven cups of liquid. If you do not have a bottle this large, use two smaller ones. Mix the tea well, so that the tea is uniform.
- A wooden spoon, a wire-mesh strainer, and a funnel will also be helpful.

**HERBS:** You will receive a bag of herbs in a brown paper bag. Your herbs may or may not contain separate herbs marked with the following labels:

- Cook for one hour before adding other ingredients:
- Add in last 10 minutes of the first simmer:
- Melt into the strained decoction

See our resources page for a downloadable PDF with instructions for these bags.

#### Now you're ready to cook!

- **FIRST SIMMER:** Dump the full contents of the bag in the pot, with enough water to cover the herbs by about an inch. Soak them for ten minutes, and bring to a boil. Cover; reduce the heat, and simmer, gently for forty-five minutes. Strain the tea into the bottle, and return the herbs to the pot.
- **SECOND SIMMER:** Add just enough water barely to cover the herbs in the pot. Bring to a boil again, then reduce heat, and simmer for another fifteen minutes. Strain the tea into the bottle, combining the both batches of the tea and return herbs to the pot. You should now have about seven cups of herbs. You can stop here, or you can try to extract every last bit of medicine out of the herbs with one more cooking.
- **THIRD SIMMER:** Add just a couple two cups of water, and bring to a simmer for five minutes. Stir the herbs with a wooden spoon. Most of the medicine has already been cooked out of the herbs. This step is to “wash” out any remaining medicinal value from the herbs. Strain tea into the bottle, and discard or compost the herbs. You should have at least seven cups of tea. Store the decoction in the refrigerator.

**DOSAGE:** Take one-half cup (four fluid ounces) of tea in the morning, and another half-cup later in the day. It's best to take them at least one half hour before meals, or one hour after meals. But don't over think this: if you forget, just take it anyway. The tea should be consumed warm or at room temperature. Some herbal teas will taste better at room temperature, and others may taste better warmed.

**NOTES:** You should yield approximately 7 cups of liquid and the tea should last at least six or seven days. If there is sediment on the bottom of the jar, don't drink the sludge! All the medicine has been cooked out of the herbs and the sludge has no medicinal value. You may take a break for a day or two before making the next batch. Some people experience marked improvement after only a few days, especially with acute conditions, but patients with chronic problems should allow at least three weeks for improvement. Make sure to inform your practitioner about your particular response to the herbs, as he/she may need to adjust your prescription to better suit you.