



## CHINA HERB COMPANY

### INSTRUCTIONS FOR PREPARING HERBS: PRESSURE COOKER METHOD

*Note: This is our newest method, a work in progress. We welcome your feedback on this method so we can refine and improve the process.*

#### **MATERIALS:**

- A large pressure cooker or electric multi-pot
- A glass bottle that can store at least seven cups of liquid. (Or use two smaller ones.-Make sure to mix the batches so that each bottle is the same strength)
- A wooden spoon
- A wire-mesh strainer
- A funnel will also be helpful.

#### **HERBS:**

You've received a bag of herbs in a brown paper bag. You might also find herbs separate little bags of herbs marked with the following labels: T

- **Cook for one hour before adding other ingredients:** This means there are shells or minerals in your formula. These need to cook longer than plant material.
- **Add in the last 10 minutes of the first simmer:** Your formula contains delicate or fragrant herbs that should only cook for a short time.
- **Melt into the strained decoction:** If you find this, it means your formula contains a kind of gelatin or powdered mineral. After you've cooked and strained your herbs, add the contents of this bag and stir until melted.

## Method

- Soak the herbs before cooking them: Place raw herbs into the pressure cooker and cover them with water so it's about 3 inches above the level of herbs. Allow the herbs to soak for 30 minutes or even overnight. If you've soaked them for a long time, you'll find that they've absorbed water. Just add more water and proceed to step 2
- Cook, Strain: Program the pressure cooker for 25 minutes. Once the cooking is complete, use the natural release setting—strain decoction into your jars. You should now have about 7 cups of tea.
- If you have a baggie labeled "add in the last 10 minutes", you can add that right in the beginning when you use this method.
- If you've received a bag of herbs labeled "cook for one hour first," place all the herbs, including the baggie, and set the pressure cooker for 60 minutes. Then proceed as directed above.
- If you've received a bag labeled "melt into the strained decoction, you'll have to melt it in the strained herbs. Alternately, dissolve it in a saucepan with about 4 oz of water and then mix it into your cooked and strained decoction to distribute evenly.

**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 the tea on an empty stomach. Drink them at room temperature or warm.

Some formulas taste better at room temperature, while others are better warmed.

Notes: You should yield approximately 7 cups of liquid, and the tea should last at least six or seven days. We don't recommend drinking the sediment that settles on the bottom. It's bad per se, but there's no value in it. You can take a day's break before making the next batch.

Make sure to inform your practitioner about your response to the herbs.