



Herb Formula Cooking Instructions

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Your herbal package contains enough herbs to make a one-week batch of medicine. Simmer the herbs in water in an enamel, earthenware or stainless steel pot, in order to decoct the medicinal properties into the water. Your herbal package may include some herbs that require longer or shorter cooking times. These will be wrapped separately. If your prescription contains such herbs, you will see the instructions checked below.

- If this is checked, simmer the separate package of herbs 30 minutes in the required amount of water before adding to the main package of herbs.
- If this is checked, simmer the separate package of herbs 60 minutes in the required amount of water before adding to the main package of herbs.
- If this is checked, simmer the separate package of herbs only in the last 10 minutes of the first boil.
- If this is checked, put _____ spoonfuls of the powder you are given into your drink each time you take it. (Spoon provided)
- If this is checked, steep the separate package of herbs for 10 minutes after you have finished the first boil.
- If this is checked add _____ 1/2 dollar size slices of ginger

First Boil: Put the entire bag of herbs in your pot with _____ cups of water and **let this soak for half an hour**. Bring this to a boil and simmer, covered for _____ minutes. Make sure there is enough water to cover all the herbs, so you may need to add more during cooking. Then, pour-off the medicinal broth into a bowl or pitcher, keeping the herbs in the pot.

Second Boil: Add _____ more cups of water to the herbs and simmer, covered, again for _____ minutes. Pour off the liquid into the same bowl and discard the herbs (they make good compost.)

The broth you make should be refrigerated and divided into 14 doses. Each day you will drink 1/7 of what you have in the fridge. It should be **warmed-up** before you drink it. If for any reason you take longer than 10 days to finish a batch of herbs, they may be frozen to prevent spoilage.

Drink 1/14 of your decoction 2 times a day unless otherwise indicated below.

Your Dosage: _____

NOTE: Though these herbs should not cause any side effects, occasionally they may cause a bit of gas, nausea or loose stool. Definitely call if you experience this or any discomfort. Also, **if a new condition develops, such as a cold or flu, stop taking your herbs and call me**. If you have any questions or concerns please call the clinic right away.