

# ORIENTAL HEALTH SOLUTIONS, LLC

*"Expect Great Results"*

## Instructions for Cooking Loose Herbs

Put 1 bag of herbs in stainless-steel pot. You will cook the herbs **2** separate times, and combine the liquid from all batches.

Use enough water to just cover all herbs. Make sure herbs are covered, but don't use any more water than necessary.

Soak 30 min. If herbs are no longer immersed after that, add more water to just barely cover all herbs.

1<sup>st</sup> cooking: Bring water to a boil; turn heat to medium-low, cover the pot, and boil herbs for 20 minutes. Strain liquid through a fine-mesh sieve/colander into a large bowl; set liquid aside.

2<sup>nd</sup> cooking: Add enough water to just cover the herbs. Bring to a boil, cook on medium-low heat for 25 minutes. Strain through sieve, combine with liquid from 1<sup>st</sup> cooking.

[3<sup>rd</sup> cooking (only if indicated): Follow same steps as 2<sup>nd</sup> cooking. Combine liquid from all 3 cookings.]

Depending on how many cookings you did, and the intended dosage of your formula, you will have approximately 6-12 cups of liquid.

Divide into 6 equal doses and pour into 6 individual glass jars (pint-sized canning jars work well) while tea is still warm, then cap them tightly. The jars will "seal" and maintain the volatile components of the herbs. Store in fridge.

(Some people store all the herbs in one large jar and drink equal portions throughout the number of days indicated. This is ok if it's all you have, but using individual jars keeps the herbs more fresh and potent.)

**Dosage:** Use one jar per day. Dose at 1/2 jar, 2x/day. Children or those with sensitive digestion can take smaller amounts and more doses throughout the day. Do not drink one whole jar at once as it will be too much for efficient absorption. Warm the portion you will drink briefly in a small pan, on the stove, just to take the chill off. Drink while herbs are lukewarm.

A tip for kids or those who are unfamiliar with herbs: Chinese herbal medicine is just that: medicine. Formulas vary in taste, but in general are earthy, bitter, and completely foreign to the Western palate. Pinching your nose while drinking masks some of the flavor, and helps to get your herbs down. Gargling with water immediately afterwards helps to rid the mouth of any bitter taste.