

## **Instructions For COOKING LOOSE HERBS**

Use large pots made of glass, pottery or porcelain (stainless steel is acceptable); Aluminum or iron pots will interfere with the effects of the herbs. Use purified water. As much as possible do not let the steam escape from the pot while the herbs are cooking. Keep the lid on, but prevent over-boiling. Do not add honey, sugar, other sweeteners or anything else to the tea because these will change the property of the herbs. After taking the herbs if you find the taste unpleasant, you may put a drop of lemon juice on your tongue or eat a few raisins to get rid of the after-taste.

Please follow only directions checked.

### **STOVE-TOP METHOD:**

\_\_\_ **Precooking:** Cook herbs in small bag for \_\_\_ minutes

\_\_\_ **First cooking:** Empty one bag of herbs into the pot and add \_\_\_ cups of water. Cover. Soak the herbs for 30-60 minutes. Bring to a boil and then reduce heat and simmer for \_\_\_ minutes. Strain the liquid into a large container. Set the liquid aside. Keep the herbs. (If you precooked use the precook water for this.)

\_\_\_ **Second cooking:** For the second cooking add \_\_\_ cups water to the original herbs. Again bring to a boil, reduce heat and simmer for \_\_\_ minutes. Strain the liquid tea and combine with the tea from the first boiling. You are done with the herbs now.

Store unused tea in the refrigerator for up to two weeks. You may transfer tea to jars when cooled for ease of storage and retrieval.

Drink warm (do not microwave), \_\_\_ cup (8 oz) and take \_\_\_ times a day, or 1 batch/bag per \_\_\_ day. You will not want to drink the dregs (material that has settled to the bottom). Take between/with meals.

\_\_\_ Option to repeat second cooking, resulting in more tea.

### **CROCK POT METHOD:**

Put herbs in standard size crock pot, add 8 cups water, cook on **low** for:

\_\_\_ 6 hours      \_\_\_ 8 hours

### **SPECIAL INSTRUCTIONS - FOLLOW ONLY IF CHECKED:**

\_\_\_ Cook \_\_\_ slices of fresh ginger with each bag along with the rest of the formula.

\_\_\_ Add herb(s) from small bag \_\_\_ minutes before the end of the last cooking.

### **NOTE: TAKE HERBS 2 HOURS SEPARATE FROM MEDICATIONS**

Chinese herbs are strong, for acute conditions the effect is more immediate, but in chronic conditions the formula should be re-evaluated and/or adjusted about every \_\_\_ weeks.

*Should you experience any unpleasant side effects, please call Michele Salinas at 235-2730.*



*Lotus Center*

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