

Directions for cooking Chinese Herbal Medicine.

Certain herbs need to be pre-cooked or added near the end of the decoction. These herbs should be labeled with instructions in a separate bag.

Unless otherwise directed ,1 pack of herbs = 2 days of decoction.

Short:

- 4 Cups of water
- Soak for 15 minutes
- Bring to a boil for 3 minutes and cover with lid slightly ajar
- Lower heat and simmer for 10-15 minutes
- Strain and keep liquid
- Divide into four parts
- Take one part every two hours as needed

Long:

- 4 cups of water
- Soak for 15 minutes
- Bring to a boil for 2 minutes and cover with lid slightly ajar
- Lower heat and simmer for 45 minutes
- Strain and keep liquid
- Divide into four parts
- Take one part in the morning, one part in the evening, or as directed

Double Cook:

- 4 cups of water
- Soak for 15 minutes
- Bring to a boil for 2 minutes and cover with lid slightly ajar
- Lower heat and simmer for 45-60 minutes
- Strain and keep liquid
- Return herbs to pot and add 2 more cups of water and bring to a boil
- Lower heat and simmer for 30-45 minutes
- Strain and keep liquid and combine with reserved liquid from the first boil
- Divide into four parts

Crock Pot:

- Use the same total amount of water in the appropriate direction above.
- Add herbs
- Start crock pot on low.
- Cook for 8 hours.
- Strain out liquid
- Divide into four parts
- Take one part in the morning, one part in the evening, or as directed

*Look at packing list for additional instructions and items that need to be purchased separately and added at home.

**Drink the herbs 2 hours apart from medications.

***Take on an empty stomach, unless otherwise instructed.