



Instructions For Cooking Loose Herbs

Use a pot made of glass, pottery, porcelain or stainless steel. Aluminum or iron pots will interfere with the effects of the herbs. It's fine to add honey or lemon juice to the tea or to put a drop on your tongue after drinking the herbs if you find the taste unpleasant.

As much as possible do not let steam escape from the pot while the herbs are being cooked. Keep the lid on, but prevent over boiling.

Empty one bag of herbs into the pot and add **9 cups of water**. Soak the herbs for at least **30 min**. Bring herbs to boil on high flame, then lower flame and **simmer covered for 90** minutes. Strain the liquid into a large container, preferably not aluminum or iron.

The tea should be stored in the refrigerator and will stay fresh for approximately 10 days.

Drink ___1___ cup(s) ___2___ times a day before meals.

30 minutes or more apart from food is the most effective.

Special Instructions: Follow only if checked.

_____ cook _____ slices of ginger with each bag. Add during the last 10 minutes of cooking.

_____ cook herb(s) in small bag for _____ minutes before adding remaining herbs.

Note: Chinese herbs are very strong, so sometimes their effects are felt immediately. However, in chronic cases, you may need to take herbs for several months. If you experience any unpleasant side effects, please don't hesitate to call.

REFILLS/REORDERING: When you need more herbs, please let us know the name of your specific formula and allow 2 business days to fill your order.

Thank you.