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## INSTRUCTIONS FOR PREPARING HERBS IN A SLOW-COOKER

You've just received your custom-prepared bag of raw herbs.

You may have second bags with special instructions:

*“Cook for one hour before adding other ingredients”*: This means there's shells or minerals in your formula. These need to cook longer to get the medicine out. Put these herbs in a pot with 6-7 cups of water and simmer covered for an hour. You can then move to step 1, adding more water since some has evaporated.

*“Add in the last 10 minutes of the first simmer”*: These herbs have aromatic elements that will cook off if added with the other ingredients.

*“Melt into the strained decoction”*: These herbs are not decocted and are instead added to the decoction to melt in.

### MATERIALS:

- A glass container or two to store a total of 7 cups of tea
- A large spoon for stirring the herbs
- A wire-mesh strainer
- A funnel. Not essential but makes things less messy.

### HOW TO COOK YOUR HERBS

1. Place the herbs in your slow-cooker. Pour approximately 10 cups of water over the herbs. The goal is to cover the herbs completely with at least an extra 2 inches or 2 of water. The amount of water is an estimate. Some herbs are dense, some light and fluffy. Some are very absorbent. Let the herbs sit in water for a few minutes to see how much water they absorb. If necessary add more water to cover.
2. Simmer on the low setting for approximately 8 hours, or on the high setting for about 4 hours. Once the herbs come to a simmer, they should cook for one hour. Sizes of crockpots and the volume of herbal material can vary, so the timing is approximate.
3. If you have a small bag with herbs to add for the last 10 minutes, add them for the last 10 minutes.

#### 4. Strain into a glass container

If you have generated 7 cups of tea, you can discard your herbs.

If not, you can add more water to the cooked, strained herbs to remove the last bit of medicinal properties. Pour enough water to barely see liquid through the surface of the herbs and simmer for another 20 minutes. When you strain them, combine them with the first batch of strained tea, so the concentration of them is equal. Continue with Step 4.

5. Store the herbs in the refrigerator. When the herbs settle, there may be sediment in the bottom of the bottle. Just let it be there: you've cooked all the medicine out of the herbs, no need to drink the sludge.

DOSAGE: Take one-half cup (four fluid ounces) of tea in the morning, and another half-cup later in the day. It's best to take the tea on an empty stomach. Drink room temperature or warm. *I add a few drops of hot water from my morning tea or coffee to the medicinal tea to get it to the right temperature.*

EASIEST METHOD: *If you are going to cook herbs at home often, purchase a ceramic herb cooker like this. Just pour in herbs and water, cook - it has its own strainer!*

