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INSTRUCTIONS FOR PREPARING HERBS: STOVETOP

MATERIALS:

- An enamel, glass, or stainless steel pot. Avoid iron, aluminum, and copper cookware.
- A glass container that can store at least 7 cups of tea. Or you can use two smaller ones.
- A wooden spoon
- a wire-mesh strainer
- A funnel to make pouring easier

HERBS: You've received a bag of herbs in a brown paper bag.

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.

COOKING:

- **FIRST SIMMER**: Put the entire main bag of herbs into a soup pot. Cover with just enough warm water to cover the herbs by a couple of inches. Let them soak for ten minutes. Turn on the heat and bring them to a gentle simmer. Cover, reduce heat and simmer for forty-five minutes. Strain the tea into the bottle, and return the herbs to the pot.
- **SECOND SIMMER**: Add just enough water barely to cover the herbs in the pot. Simmer, covered for 15 minutes. Strain the tea into the bottle, and return herbs to the pot.

- **THIRD SIMMER:** If you've already yielded at least 7 cups of herb tea, you can opt to skip this final step. If not, proceed by Adding two cups of water to the pot, and simmer for five minutes.

Stir the herbs with a wooden spoon. Strain the tea into the bottle, and discard the herbs. You should now have approximately seven cups of tea. Store in the refrigerator.

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.*

NOTES: You should yield approximately 7 cups of liquid, and the tea should last at least six or seven days. No need to drink any sediment that has settled at the bottom.

Taking a break for a day or two before brewing the next batch is generally fine - I'll let you know if not. Let me know how you feel on the formula!

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!*

