



RIVER CLINIC

ORIENTAL MEDICINE

How to Cook Herbal Medicine

The most suitable pot is ceramic or glass. Your pot needs to have a lid. Avoid cast iron and aluminum. Stainless steel is acceptable. Teflon coatings are not as good as ceramic.

Cooking (follow special instructions below only if they are checked off)

Soak the herbs: Place the herbs in your pot, add enough water to cover the herbs by an inch, let it sit for 15 min. The herbs may absorb the water after the soaking, add more water to cover the herbs before boiling.

Boiling the herbs: Bring to a rolling boil. Then turn down to a low simmer. Simmer the herbs for 20-30 minutes with the lid on. At the end of the cooking approximately 1 mug of liquid remains. If too much liquid remains, turn up the heat and boil off the excess. Strain the infusion into a mug.

Repeat (Optional if you have the time): Leaving the herbs in the pot, add water to cover the herbs by an inch as before. Repeat the above cooking method. Mix the two shares together, then divide into two (for one day) or four (for two days) equal portions. Each portion should not be over 200 ml.

How to drink it

It should be drank warm or at room temperature. Drink the herbal medicine quickly, do not sip on it over half an hour. Do not have tea, coffee or alcohol 1 hour before and after your tea. If the taste is so unpalatable that you can't drink it, water it down a bit. This helps a great deal. Also, it seems that after time the body begins to adapt, the taste will become more palatable.

When to take your herbs?

It is best to take your herbal tea 30-60 minutes before eating, on an empty stomach. This provides the best absorption of the ingredients. Drink one portion in the morning the other in the evening. If the herbs cause stomach upset, drink the herb tea 30-60 minutes after eating.

Special Instructions (follow special instructions below only if they are checked off)

- Cook ___ slices of fresh ginger (avoid old dry ginger) with each bag.
- Add separately wrapped herbs in the final ___ minute of cooking.
- Pre-cook separately wrapped herbs on its own for ___ minutes, then cook the rest of the herbs together as instructed above.

Note: