

Preparing Your Herbal Tea

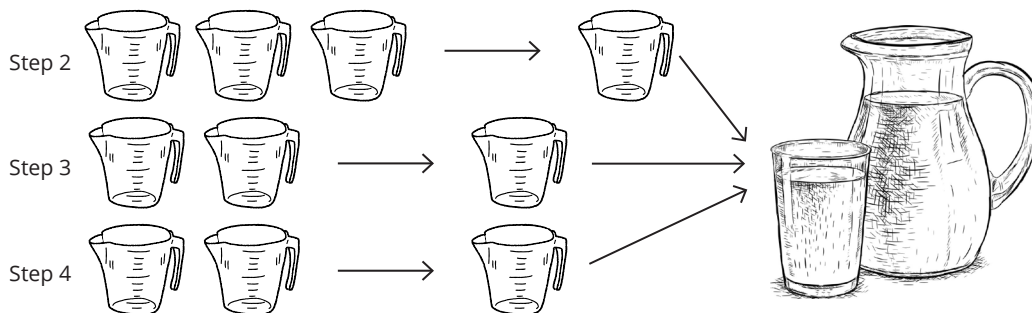
The cooking pot should be either glass, ceramic, or enamel. Traditional Chinese ceramic cooking pots are available at the clinic, and should be soaked for 3 hours prior to first use.

Instructions for cooking

1. Empty the contents of any one bag of herbs into your cooking pot
2. Add **3 metric cups of water** (or enough to cover herbs for larger bags) and allow to **soak for 10 minutes**. Bring the herbs to a boil, then reduce to a low flame, allowing the herbs to simmer slowly with the lid slightly ajar for **approximately 40 minutes**, or until reduced to approximately one third. Strain the liquid into a jug and set aside.
3. Add **2 metric cups of boiling water** to the herbs already in the pot (or enough to cover herbs for larger bags). Simmer slowly with the lid slightly ajar for **approximately 40 minutes** or until reduced by approximately half. Strain the liquid into the same jug and set aside.
4. Repeat step 3.

The final result is that you have made and combined together a total of approximately 3 cups of herbal tea. All active ingredients have been extracted during the three stages of cooking, and an even strength results from the combining of the liquid at each stage.

Drink _____ ml in the morning and _____ ml in the evening.



A few important notes about your herbs

- Do not consume any sediment, which may have settled to the bottom.
- Always drink your herbal tea warm, and store the remainder in the fridge. Your herbal tea remains fresh for approximately 5 days in the fridge. If the amount you made will last longer, some can be frozen.
- **Don't forget the herbs while simmering! Use a timer, we always do!**

Stop taking your herbs if:

- You develop symptoms of a cold/influenza, gastric flu or any symptoms associated with an acute illness **not discussed during your consultation**. Resume the herbs only when the worst of your symptoms have passed.
- You become pregnant and have not discussed this during your previous consultation as your herbal prescription may need to be adjusted

Frequently Asked Questions

Do I need to do everything exactly right to get the desired results?

Not really. Our cooking instructions are a general guide to follow. Therefore, if you find that you deviate from the instructions in some way, there is no need to stress, the herbs are likely still fine to drink.

Do I cook the same bag of herbs three times?

Yes, you cook the same bag three times, straining off the remaining liquid after each boil. You then combine all three boils worth of liquid and that is your tea for the next 3-4 days.

What if I end up with less than 3 cups of liquid at the end of cooking?

If you end up with a little less than 3 cups of liquid at the end of cooking that is fine, you may just have a dosage less of the herbs than usual. If you find the herbal tea is too thick or concentrated it is alright to dilute the entire tea with a little water, (not more than half a cup) to make it palatable.

What if I end up with more than 3-4 cups of liquid at the end of cooking?

If you end up with a little more than 4 cups of liquid at the end of cooking that is fine, your tea will just last a little longer. If you find that you have a lot extra (1 cup or more) then you should put the liquid back on the stove and boil it down until you have around 3-4 cups of liquid left.

Can I add more water if it tastes too strong?

You are welcome to add water to the herbal tea if the taste is too strong, however start off with the recommended dose of tea and dilute that dosage before drinking, so you ensure you have still drunk the required dosage.

Can I add more water to the pot if the herbs dry out?

If the herbs dry out completely while cooking, but have not burnt, then it is alright to proceed with the second or third boil, however you will end up with only 2-3 cups rather than 3-4 cups. Drink the normal dosages until this runs out and cook up a new bag. If the herbs or liquid has burnt, use a new bag.

Do I need to take the herbs with food or away from food?

In certain situations, it's preferable to take your herbs at least half an hour away from meals. Your practitioner will indicate if this is the case. Otherwise, you can take them at the time most convenient for you.

Can I drink the tea in smaller doses throughout the day, i.e. can I sip on it?

It is alright to drink the tea in smaller doses throughout the day or sip on it, as long as you finish the prescribed dosage in the morning and in the evening.

There is a sludge at the bottom of my tea, do I have to drink it?

You should let the sludge settle, and not drink it. Drinking the sediment will sometimes upset your stomach, so don't think that by stirring and drinking the sediment you are "getting all the good stuff."

What should I do if I miss a dose?

If you miss a dose that is no problem, just take the next dose as normal.

If you have any other questions about your herbs and how to cook and take them, please don't hesitate to get in touch with us