



How to Prepare Formulas with Fresh Ginger

Some of our products are based on formulas that originally contained fresh ginger. However, due to the limitations of extraction and the benefits of preparing it fresh, we have eliminated this ingredient from our formulas and have patients prepare it themselves.

Fresh ginger tea may be indicated for certain formulas and conditions. Some of our products that may benefit from adding fresh ginger tea may be: Cerventi (ge gen tang), Sweat it Out (ma huang tang), Harmonia (tong xie yao fang), Draconis (Chai Hu Long Gu Mu Li Tang), and more. Generally fresh ginger may be indicated when warming and releasing the exterior is beneficial, when warming the digestion, or when harmonizing is desired.

FRESH GINGER TEA

Tea

- Slice 6-10 slices of ginger
- Simmer in 1 cup water for 10 minutes
- Strain off ginger
- Drink

With Extract

- Tea may be taken in conjunction with extract
or
- Extract can be added to tea and drunk as a single drink