

INSTRUCTIONS FOR MAKING CHINESE HERBAL TEAS

MATERIALS: To make the tea, use a pot that is either glass, enamel, teflon-coated, or stainless steel. Avoid iron, aluminum, and copper cookware. Store the tea in a bottle that will hold at least five cups of liquid. A wooden spoon, tea strainer, and funnel will be helpful.

HERBS: You will receive one or more of the following materials; the content of your formula may change from one time to the next:

- ___ roots, barks, stems, and fruits in a plastic bag (this is the main item and sometimes the only item).
- ___ similar items in a small bag which are for shorter cooking time.
- ___ leaves and/or flowers in a separate plastic bag which are for steeping rather than boiling.
- ___ fresh ginger root (slice it, or use a grater) and/or red or black dates (cut each into two or three pieces).

1ST SIMMER: Combine the contents of the plastic bag containing roots, barks, etc., plus fresh ginger and dates (if you received them) plus **four to five cups** of warm water. Let stand for at least ten minutes and then bring to a boil, reduce heat to a low setting so that it simmers slowly, covered, for **35 minutes**.

Add **one cup** of water, return to simmer; add the content of the paper or plastic bags intended for short cooking time if there are any included in the prescription. Continue to simmer for **10 minutes**, covered, whether or not you have added such materials.

CAUTION: DON'T FORGET ABOUT THE COOKING HERBS DURING THE FIRST SIMMER! OVERCOOKING MAY ALLOW THE TEA TO BURN. USE A TIMER IF YOU ARE BUSY WITH OTHER THINGS.

Finally, if there is a bag of leaves and/or flowers, add those and stir them in; remove the pot from the heat and let the mixture stand for **15 minutes** to steep. Otherwise, skip this step.

Strain the tea into a bottle.

2ND SIMMER: Add **two cups** of water, or a little more if necessary, to cover the herbal materials in the pot; bring to a boil, reduce heat and simmer, covered, for **15 minutes**. Strain the tea into the same bottle.

3RD SIMMER: Add **one and a half cups** of water to the herb materials and simmer again for just **5 minutes**. Strain this tea into the same bottle.

PRODUCT: You should now have approximately five to six cups of tea (1 1/4 to 1 1/2 quarts). Store the tea in the refrigerator to help preserve it for several days as you consume it in small amounts.

DOSAGE: If possible, take **one-half cup** (4 fluid ounces) of the tea in the morning and another **one-half cup** later in the day (preferably, each dose is taken at least one-half hour before, or two hours after a meal). In general, the portion of tea should be briefly heated or it can be left out to reach room temperature rather than drinking it cold. You could consume the entire **one-cup** dose at one time (preferably in the morning). If you wish, you may add honey to the tea.

The tea will last about **five to seven days**; continue taking it until all is finished. You may then wish to take a one or two day break before making a second batch of tea, or you may simply continue immediately. Some people experience marked improvements in a few days, especially for acute problems, but for chronic problems allow at least three weeks to notice substantial improvements. Report your response to the treatment and the formula can be changed if necessary: made stronger, milder, or with different herbs.