

## 8 Simple Steps for Cooking Your Herbal Formula

(Stainless Steel Pot is best. NOT cast iron or aluminum)

- 1) Empty herbs into pot. Add enough water to cover the herbs.
- 2) **Soak** the herbs for a minimum of 30 min. Strain and discard the water.  
(First cooking)
- 3) Return wet herbs to pot and add \_\_\_\_ cups of fresh water.
- 4) Bring to a boil, cover & simmer for \_\_\_\_ min.
- 5) Strain the liquid into a container. (Glass is best) This is your first batch of tea to drink.

(Second Cooking)

- 6) Return wet herbs to pot and add \_\_\_\_ cups of fresh water.
- 7) Bring to a boil, cover & simmer for \_\_\_\_ min.
- 8) Strain the liquid & combine in container with the First batch of tea.

- Drink/sip \_\_\_\_ cup(s) \_\_\_\_ a day before/after meals. Keep left-over tea in refrigerator.
- Drink the tea warm or hot. Heat tea on the stove or in microwave before drinking.
- Add honey or eat w/raisins to improve taste *only as a last resort*.

### Special Instructions: FOLLOW IF CHECKED!

\_\_\_\_ Cook \_\_\_\_ slices fresh ginger with each bag.

\_\_\_\_ Add herbs from small bag/packet last.

\_\_\_\_ Soak & cook cloth teabag with other herbs.

\_\_\_\_ Dissolve herb powder in hot, cooked batch of tea.