

HERB INSTRUCTIONS

General Instructions:

One packet of herbs will generally make two cups of herbs for two days.

Rinse herbs thoroughly in a fine mesh strainer or colander. If you have a coffee filter packet in your formula, it should not be rinsed.

Take one packet of herbs and place them in a ceramic or glass Pyrex pot. Add enough water to just cover them. It is best to use purified or natural spring water to cook herbs. Soak for 20-30 minutes. Bring herbs and water to a boil. Then cook at medium heat until 1 cup of liquid remains. Adjust the heat if the herbs are boiling over. Strain out the liquid and reserve. Leave the herbs in the pot for a second cooking.

Now it is time for the second boiling. Add a little bit less water for this second boiling. Bring to a boil, then cook at medium heat until 1 cup of liquid remains. Strain out the liquid and add to the previously strained liquid. Combining both cups of liquid, you now have two cups of herbal decoction.

You may store your formula in the refrigerator. Discard the cooked herbs. If available, you may compost the herbs.

Individualized Instructions:

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|--------------------------|---|
| 1 st boiling: | _____ cups of water boiled down to _____ cup strained tea |
| 2 nd boiling: | _____ cups of water boiled down to _____ cup strained tea |
| 3 rd boiling: | _____ cups of water boiled down to _____ cup strained tea |

Remember to mix the liquid from each separate boiling together before consuming, then, discard herbs.

Total cups tea obtained from each packet = _____

Dosage _____ cups _____ x/day.

Special instructions:

None

Add contents of plastic bag to water:

First and boil for 20 minutes before adding remainder of herbs or

During last 5 minutes of boiling

Other: