

## Herbal Cooking Instructions

Name \_\_\_\_\_

Date \_\_\_\_\_

Unless otherwise instructed, 1 bag of herbs makes enough portions for 7 days. Drink two portions each day. Each cooking makes a different amount of decocted liquid due to the size and absorbency of your prescription. Portion your tea accordingly. You should have no side effects. If you have any questions or develop any symptoms (such as a cold or loose stool, please stop the herbs and call me at 413-549-4021.

1. Combine one bag of herbs with enough water to cover the herbs or \_\_\_\_\_ cups in a large cooking pot and soak for at least 1/2 an hour. While these herbs are soaking, start step 2 if you have a separate bag of mineral substances.
2. Empty contents of small bag with mineral substances into a small cooking pot with 3 cups of water. (You may likely not have this bag with your herbs in which case you may skip this step.
  - a. Bring to a boil
  - b. Reduce heat and simmer, covered for 1/2 hour or 1 hour.
3. Add herbs and water from step 2 to herbs from step 1 into the large cooking pot.
  - a. Bring to a boil
  - b. Reduce heat and simmer, covered, for \_\_\_\_\_ minutes
4. Strain liquid into a large bowl and set it aside.
5. Return herbs to large cooking pot and add enough water to cover again or \_\_\_\_\_ cups.
  - a. Bring to a boil
  - b. Reduce heat and simmer, covered, for \_\_\_\_\_ minutes
6. Strain liquid into the same large bowl, mixing it with the liquid from the first boil.

If any of the steps below are checked, please add them to your instructions:

- \_\_\_ Steep this separately wrapped mint for 10 minutes after step 3, before you strain the herbs.
- \_\_\_ Add a golf ball sized piece of ginger at step 1.
- \_\_\_ Add this separate package of herbs for the last 10 minutes of step 3.
- \_\_\_ Add this separate package of herbs for the last 10 minutes of step 5.
- \_\_\_ Add the separate bag of powder to the entire liquid at step 6.
- \_\_\_ Add \_\_\_ small spoons (included) of this powder to your decoction each time you drink it.

Keep your soup refrigerated. If it may take you more than a week to drink it, you may freeze it in plastic containers. Drink your soup warm or room temperature. You may zap it in the microwave or add a bit of boiling water to take the chill off it.