

Directions for making a Chinese Herbal Decoction

Please read all instructions before beginning.



The best kind of cooking pot to use is a ceramic, glass (pyrex) or porcelain soup pot. It is important that the pot have a lid. Avoid materials like aluminum, cast iron and pots coated with Teflon.

Stainless steel while not preferable will work if you do not have a ceramic, glass or porcelain pot.

Herbal decoction should be taken warm or at room temperature. If you store the decoction in the refrigerator, warm on stove before use. (Do not microwave.)



- 1 You were given _____ bags of Chinese herbs. Each bag is to be used to prepare an herbal decoction that should last for _____ day(s).
- 2 If your bag contains: (If none of the boxes below are checked skip to Step 3)
 - ☐ Herb(s) wrapped separately, marked PC (pre-cook). Place these herbs in cooking pot with _____ cups of water and cook for _____ minutes. Turn off heat and add the rest of your herbs and allow new herbs to soak for _____ minutes. **Proceed to step 4.**
 - ☐ Herb(s) inside a small muslin bag. Simply cook these herbs along with all the other herbs in your bag. **Proceed to step 3.**
 - ☐ Herb(s) wrapped separately marked AL (add-last). Set these herbs aside, they will be added to other herbs for the last _____ minutes of the second boiling (step 8). **Proceed to step 3.**
- 3 Place the contents of one bag and _____ cups of water into pot. Soak for 20 minutes.
- 4 Bring the contents of pot to a boil, and then reduce the heat down to a simmer for _____ minutes.
- 5 Cool for a few minutes.
- 6 Strain the liquid into a jar (preferably glass). Return any herbs in strainer to cooking pot.
- 7 Add another _____ cups of water to the herbs in the pot.
- 8 Bring everything to a boil again, then turn down to a simmer, and simmer for _____ minutes.
- 9 Strain the liquid into the same jar as the liquid from first boiling.
- 10 The resultant tea is enough for _____ day(s). There is enough for a total of _____ doses. Use one dose _____ times a day.

☐ Take formula ½ hour before meals.

☐ Take formula 1 hour after meals.

☐ Take formula with meals.

☐ _____



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