

Herbal Cooking Instructions

It's easy!

Put one package of herbs into a pot of your choice and let soak in about 4 cups of good water for 20 minutes or so. Ceramic pots are best, glass and stainless steel are okay too.

Bring to boil and then turn down the heat right away to simmer, covered on low heat for about 60 - 90 minutes, depends on the herbs, how much heat, etc.

*Simmer on low until about 2 cups of liquid remain
This is not an exact science.

Pour out the tea, straining it from the herbs into some sort of container (like a glass jar) and store in the refrigerator *once it has come to room temperature*.

Drink about ½ cup in the morning, ½ cup in the evening. Heat up on the stove before drinking (don't take cold).

Each bag of tea lasts 2 days, so three bags lasts 6 days.
Take herbs for 6 days on and then take 1 day off.

If you notice anything that concerns you, discontinue drinking the tea and email or call me.

Enjoy drinking the tea, it's good medicine!



❁ If you want a really nice ceramic herbal tea pot, go to KV Discount just down 10th Street from Draline Tong. Look for the green awning.

The brand is Kangshu and the pot is white ceramic, see pics below. Has a simple filter on the inside, very durable. About \$18.

