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How to Take Your Powdered Herbs

1. You should receive a scooper to measure out your herbs and you should follow the instructions provided from the clinic or your package should be labeled with dosage (for example “10 scoops”, 2 times per day”). If you didn’t receive or your lose your scooper, you can use a level kitchen teaspoon instead.
2. Usually herbs are taken with meals for ease of digestion.
3. Starting heating a cup of water. Meanwhile, measure level scoops of the herbs into the bottom of another mug or glass.
4. Add just enough water (lukewarm is OK for this step) to make a paste from the herbs. Use a spoon and add a teaspoon as a time. Sure out all of the clumps to a uniform consistency.
5. Add enough water hot water to dilute the paste to your taste. More water will taste weaker, but less water may be easier and quicker to swallow. You may take your herbs in juice or add honey or maple syrup for a better taste.
6. Drink the entire dose at one time. You may need to re-stir it before the ;last gulp. If any herb residue sticks to the cup, then add a little extra water to finish drinking it.

Alternative: Take a large spoon of applesauce, yogurt or pudding. Hollow out an area in the center of the spoonful. Put the herbs into the hollow, then cover them with pudding or sauce, swallow spoonful to mask the flavor. For bigger doses, you may need 2 spoonfuls.

Note: **It is very important to take the correct dosage!** Decreasing or increasing or skipping doses may prevent healing. And before increasing the dosage, please contact your practitioner first.