



Acupuncture and Herbal Medicine Healthcare  
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### **Herbal Cooking Instructions**

You can cook anywhere from 2 to 6 bags/days at a time. (5 or 6 is the max for freshness). Unless otherwise specified, one bag or herbs is to be consumed in one day.

1. Add the herbs to a large non-aluminum pot.
2. Cover the herbs with fresh water.
3. Bring the water to a boil.
4. Keep herbs partially covered with a lid, to slow the evaporation process.
5. Once the water has fully reached a rolling boil, then turn it down to a low boil; simmer.
6. Boil/Simmer for 40 to 50 minutes.
7. All the herbs should be submerged in water; add water as needed.
8. Strain the liquid out: using a fine strainer, but not neatly as fine as a coffee filter.
9. Discard the dregs (the used up herbs themselves).
10. Keep the liquid decoction in the refrigerator.
11. Divide the liquid (visually) into equal parts (e.g., 8 equal parts for 4 days/bags, 6 equal parts for 3 days, 4 equal parts for 2 days, and 2 equal parts for 1 day).
12. Pour out one part and drink it, two times a day.
13. Drink the decoction with meals-breakfast and lunch, or breakfast and dinner.
14. Allow the herbs to cool; drink at room temperature. You can use a small saucepan to warm the liquid decoction, if desired.

#### **“Short Cook”**

If you have any herbs that say “add last ten minutes”; add these herbs to the existing decoction (step 6), but only for the abbreviated time on a medium heat.

#### **“Add to the Strained Decoction”**

If you have a powder or resin, it should be stirred into the strained decoction. When this is the case, most times it should be done when the decoction is quite hot so the substance can fully dissolve into the existing decoction. Keep stirring until there are no remnants of the powder or resin.

\* Some substances should never be heated and should be clearly labeled.

\* Herbal decoction can be discarded after (8) days.

If you have any questions or problems concerning your herbal formula, feel free to contact our office @609-759-0212.