

Cooking your herbs

You have received ___ bags of herbs. Each bag is for 2 days, these formulas will then last for ___ days.

You will be doing a double cooking of each bag. You will cook it once with water, strain off the liquid, cook it again with new water, strain that and mix the two batches together and split them into 4 doses – morning, night, morning, night – 2 days worth.

Place herbs in the pot. Use a non-reactive pot (no metal if possible), one that is ceramic, tempered glass, or enamel ware.

Add approximately 4-6 cups water (it is important that the herbs are covered by water throughout the whole cooking process). Bring to a boil. Lower heat to simmer for approximately 45 minutes. Strain off the liquid and put it aside.

Add another 4-6 cups of water. Bring to a boil. Lower to simmer for 45 minutes. Strain off the liquid and add it to the first batch. Mix.

Separate into 4 equal dosages. Take one in the morning, one at night. Refrigerate the other doses and use the next day. Again, try to store the dosages in a glass (non-reactive) container. You can warm up the doses on the stove when you take them out of the refrigerator or take them at room temperature. Do not microwave the herbs.