

Bulk Herb Cooking Directions:

(1) Put one package of herbs in a ceramic, glass, porcelain, enamel or corning-ware pot. Metal pots are not recommended. Be sure to get a proper size pot.

(2) Add 3-5 cups of cold water and soak for about 30 minutes. The amount of water should be adjusted based on the amount of herbs. The water should be about half inch over the herbs after soaking.

(3) Bring to boil and simmer for about 15 to 30 minutes. Strain off the liquid and save it in a container.

While simmering, do not cover the pot completely in case the fluid may overflow. Stir with a chopstick or fork every 5-10 minutes. Setting a timer is helpful.

(4) Add 2-4 cups of cold water again to the herbs for the second cook. Soaking is not necessary.

(5) Bring to boil and simmer for about 15 to 20 minutes. Stir every 5-10 minutes.

(4) Strain off the fluid and mix with the fluid of the first cook. Divided into 3 to 6 cups. After two cooks, if you get more liquid than you want, you should use less water for the cooking of next package. If you get less liquid, please add more water before cooking.

Special Instructions on some Herbs may be needed, such as extra cook or short cook, etc. Extra cook usually means 30 to one hour extra cook, and short cook means add in 5 to 15 minutes before the end of cooking.

Drink one cup of decoction each time, three times a day, before/after/or between meals or as directed. Herbs which may irritate the stomach should be taken after meals and herbs which tonify should drink before meals.

The fluid (decoction) should be heated to lukewarm when you drink the next time. Save the rest of the decoction in the refrigerator. If the fluid is stored in the refrigerator for more than three days, it should be boiled again before drinking. Drink the fluid in a shot is recommended since most herbal decoctions are too tasty to drink slowly.

Enjoy the healing procedure, and have fun with cooking !