

Herb Instructions

Herbal medicine is a highly effective and often times necessary part of your treatment plan. Consistently taking your herbs as instructed is essential to reaping the full benefits of this medicine- herbs only work if you take them.

They are most effective when taken throughout the day, usually morning and night, and 15-30 minutes before eating. Take with food if you're prone to upset stomach.

Some herbal teas have an earthy, somewhat unpleasant taste. You may take with juice to cover any aftertaste. Please contact Erin directly with any questions or concerns.

Pills

Pills usually come in the form of small round tea pills or pressed tablets. Dosing is usually 1-5 pills 2-3 times per day. They are often prescribed in weekly intervals.

Preparation: Take the prescribed pills with a full glass of water.

Powders

Powders are dehydrated herbal decoctions (teas). They come as powdered granules with a 1 gram scoop. Dosing is usually 3-4 grams 2-3 times per day.

Preparation: Scoop powder into mug and cover with just enough boiling water to dissolve, approximately 2-4 ounces.

Raw Herbs

Whole raw herbs are the most potent way to take your formula. Each bag contains herbs to make 2 days worth (1 cup in the morning and evening each day).

Preparation: Cover the contents of the bag with 4 cups of water. Simmer tea with the lid cracked for 20 minutes or until the liquid has reduced by one half. Strain out liquid into a jar or container. **Re-boil the strained herbs** in 4 cups of fresh water for 20 minutes or until it has reduced by one half. Add strained liquid to the jar/container for a total of 4 cups of tea.

This tea can be refrigerated for up to 5 days. You may cook multiple days worth of herbs at one time and warm up each dose as needed.

There maybe a smaller bag labeled "cook first" or "add at end":

Cook First: cook these herbs alone for 20-40 minutes and then add the rest of the bag of herbs and cook for another 10-15 minutes or until reduced by one half. Follow re-boil instructions above.

Add at End: Add these herbs into the decoction during the last 5 minutes of cooking.

* It is preferable to cook the tea in a non-metal pot if possible. If you do not have a traditional clay pot, a glass, ceramic or enamel pot works great(i.e. le cruset). Please note that the tea may stain your pot.