



Rising Lotus

Wellness Center

"The Standard in Acupuncture"

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Cooking Instructions For Bulk Chinese Herbs

Notice that you have 3 bags. Each bag represents 2 days of tea or about 4 doses.

Step 1:

- Empty one bag of herbs into a non-metallic (or ceramic coated metal) pot and add 1-2 inches (4 -5 cups) of water over the herbs.
- **Soak herbs for at least 1 hour** (to moisten). Bring herbs to a boil on high heat.
- Once boiling, lower the heat and **simmer for 15-20 minutes**.
- Strain the liquid into a large non metallic container. A big glass jar works well.

Step 2:

- Leave the moist herbs, which were just cooked, in the pot and add 1-2 inches (3 -4 Cups) fresh water.
- Again bring to a boil and reduce to a **simmer for 15-20 minutes**.
- Strain the liquid and ***combine with the tea from the first boiling.***
- The tea you will drink will be a combination of both boilings.

Step 3:

Drink ¼ of the herbal tea 2 times per day over a two-day period. 1 hour before or after meals.

Don't eat anything greasy (that includes ice cream and Shell Fish) or drink alcohol within three hours of taking your tea.

Special Instructions You May Need (If Checked)

- Cook _____ slices of fresh ginger with each bag.
- Add herbs in the small bag for _____ minutes before cooking is finished.
- Cook herbs in the small bag for _____ minutes before adding the remaining herbs.

Add herbs, in the small bag, after you have completed the cooking process. Dissolve them in the hot decoction while continuously stirring them until dissolved. Each glass must be taken warm to ensure this ingredient does not solidify.