

Boulder Natural Medicine Clinic Dispensary

Instructions for Making & Taking Chinese Herbal Tea

Complete the sections that are checked:

_____ Cook First-Place the herbs of this bag in 7 cups of water. Bring to a boil and then reduce to a simmer. Reduce until you have 6 cups of liquid. Remove and discard the herbs and use the 6 cups of liquid in place of the water as you begin the “cook” process.

_____ Pre-Cook-There may be certain minerals or other agents, which require prolonged cooking. If you have a bag marked “pre-cook” or “pre”, please combine contents with 6 cups of water, bring to a boil and then simmer with the lid slightly ajar for 35-45 minutes. Add this mixture and enough water to return to the pre-cooking level of 6 cups and proceed to the next step...cook.

_____ Cook-Place ingredients of the main herb bag with 6 cups of water (or the “cook first” or “pre-cook” liquid(s) if appropriate). Bring to a boil and then reduce the heat to a simmer. Cook the herbs with the lid slightly ajar until the medicinal tea is reduced to 3 cups. This should take approximately 45-60 minutes depending upon your heat source and the size of your cooking pot. Important-Keep a close eye on the process until you are familiar with the temperature setting your stove requires to allow proper cooking time and to prevent boil-overs.

_____ Add-If you have a bag marked “add” stir in these herbs the last 5-7 minutes of time.

_____ Steep-If you have a bag marked “steep” add these ingredients to the cooked herbs and then remove the pot from the burner. Stir thoroughly and allow these herbs to steep for 8-10 minutes with the lid completely on.

_____ Strain-Strain the medicinal tea into a glass mason jar or other non-plastic container with a tight fitting lid. Discard or compost the used herbs.

_____ Dissolve-If you have a bag marked “dissolve” place these ingredients directly into the hot strained tea and stir to dissolve completely. We recommend placing this ingredient into the jar before pouring in the hot strained tea.

DOSAGE-Take _ _ 1 Cup 1 2 3 times per day approximately _ hour before or 1 hour after meals.

Other-

Tea should be kept refrigerated. Drink at room temperature or warmed. Tea will last for 3 days if kept cold in the refrigerator.