

ORIENTAL HEALTH SOLUTIONS, LLC

"Expect Great Results"

INSTRUCTIONS FOR COOKING LOOSE HERBS

Please use a cooking pot that is made out of glass, pottery, enamel or stainless steel. Avoid aluminum or cast iron pots, as they will interfere with the medicinal functions of the herbs. Do not add honey, sugar, or other sweetener, or anything else to the tea. If you find the taste of the tea unpleasant, you may put a drop of lemon juice on your tongue or eat a few raisins to get rid of the after-taste. While you cook the herbs do not let too much steam escape, so keep the lid on or slightly ajar, to prevent over boiling. Try to cook the following three stages during one continuous session.

1. Empty one bag of herbs into your cooking pot and add 8 cups of water. Soak the herbs for about 10 minutes. Bring herbs to a boil, then lower heat to a medium/low flame and simmer for 30 minutes. Strain the liquid tea into another cooking pot. Do not use a glass container initially while liquid is still hot; it will burst!
2. For the second boiling add 7 cups of fresh water to the already wet herbs. Again bring to a boil and simmer for 35 minutes. Strain the liquid tea into the above tea container.
3. For the third boiling add 7 cups of fresh water, bring to a boil and simmer for 40-45 minutes. Strain, and combine liquid from all three boilings. Throw the herbs away. The tea must be stored in the fridge to avoid spoilage. The herbal tea will spoil if kept too long; please throw away tea that is older than 10 days. If the standard dosage is taken, the tea will last 5 – 7 days.

Drink 1 cup(s) 2-3 times a day 30 minutes before or 1 hour after meals. You may warm up each cup, but do not microwave the medicinal herb tea.

SPECIAL INSTRUCTIONS: FOLLOW ONLY IF CHECKED

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

Please note that Chinese herbs are very strong, so sometimes effects can be felt immediately. However, in chronic cases, you may need to take herbs for several months. The prescription should be re-evaluated at least every two weeks.

If you develop a common cold or flu while taking herbs for your constitution please discontinue those herbs and call our office.

Should you experience any unpleasant side effects such as irritability, nausea, diarrhea, headaches, or gas, or have further questions, please don't hesitate to call our office. Your formula should be adjusted.

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