

COOKING YOUR HERBS

YOU WILL NEED A CERAMIC COOKING POT. PROPER CERAMIC HERB COOKING POTS ARE AVAILABLE IN CLINIC. BEFORE FIRST USE, YOUR POT SHOULD BE SOAKED WITH COLD WATER IN A BASIN OR SINK FOR AT LEAST 3 HOURS. THIS WILL ONLY NEED TO BE REPEATED IF POT REMAINS UNUSED FOR 12 MONTHS.

STEP 1.

- Empty the contents of one herbal packet into your cooking pot. Add 3 cups boiling water to cover herbs (add more if necessary). Soak herbs for at least 10 minutes.
- Bring herbs to a boil, then reduce heat and allow herbs to simmer with lid slightly ajar for 40 minutes.
- Strain the liquid into a glass container and set aside, leaving herbs in the pot.



STEP 2.

- Add another 2 cups of boiling water to the pot.
- You do not need to soak a second time. Bring to a boil with lid ajar then down to a low simmer for another 30 minutes, reducing to 1 cup.
- Strain the liquid out into the same glass container, mixing the cooks together.



STEP 3.

- Repeat Step 2.
- Store your herbs in the refrigerator up to five days.



TIPS

- Generally it is best to take your medicine before eating on an empty stomach. This provides the best absorption. If the herbs upset your stomach, drink the herb tea after eating.
- Do not consume any sediment that may have settled to the bottom.
- Pinch your nose or drink through a straw to reduce the taste of the herbs.
- Use a timer while cooking – its easy to forget them!
- Sometimes it is helpful to have a chaser ready to take straight after drinking your herbs.
- If you are going away you can freeze leftover herbs for future use. Just label and date your herbs.

STOP TAKING YOUR HERBS IF...

- You develop a cold/influenza or gastric flu and this was not discussed during the consultation, resume only when feeling better.
- You become pregnant and have not discussed this during your previous consultation. Your herbal prescription may need to be adjusted for your new situation and please notify the clinic.



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CHINESE MEDICINE
 INDIGO

INDIGO

CHINESE MEDICINE

FOR : _____

DRINK _____ ml IN THE MORNING

DRINK _____ ml IN THE EVENING



TAKING YOUR MEDICINE

- You will end up with approximately 750ml of medicine. This will last you around 3.5 days depending on your prescribed dose.
- In the morning, measure out prescribed dose, warm up your medicine to body temperature or slightly warmer, and drink
- In the evening, measure out prescribed dose, warm up your medicine, and drink.
- You can warm your medicine on the stove-top, microwave or by adding a dash of boiling water.