



## **Instructions For Cooking Herbal Brews (Decoctions)**

Use a pot made of glass, pottery, porcelain or stainless steel. Aluminum or iron pots will interfere with the effects of the herbs. It's fine to add honey or lemon juice to the tea or to put a drop on your tongue after drinking the herbs if you find the taste unpleasant. **As much as possible do not let steam escape from the pot while the herbs are being cooked. Keep the lid on, but prevent over boiling.**

Empty one bag of herbs into the pot and add **9 cups of water**. Soak the herbs for at least **30 min**. Bring herbs to boil on high flame, then lower flame and **simmer covered for 90** minutes. Strain the liquid into a large container, preferably not aluminum or iron.

The tea should be stored in the refrigerator and will stay fresh for approximately 10 days.

Drink \_\_\_1\_\_\_ cup(s) \_\_\_2\_\_\_ times a day before meals.

**30 minutes outside of food is the most effective.**

### **Special Instructions: Follow only if checked.**

- Cook \_\_\_\_\_ slices of ginger with each bag. Add during the last 10 minutes of cooking.
- Cook herb(s) in small bag for \_\_\_\_\_ minutes before adding remaining herbs.

**Note: Chinese herbs are very strong, so sometimes their effects are felt immediately. However, in chronic cases, you may need to take herbs for several months. If you experience any unpleasant side effects, please don't hesitate to call.**

**REFILLS/REORDERING: Please allow us 1-2 days to refill your order. Thank you.**

**A single bag of tea will last approximately 3.5 days.**

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