

Raw Herb Formula Cooking Instructions

Instructions to cook one bag for three days worth of decoction:

1. In a ceramic, glass, or stainless steel pot, add enough water to cover the herbs by a few inches (at least 4 cups) and soak for 30 minutes.
2. Bring to a boil and gently simmer for 30 minutes.
3. Strain the decoction into a glass container.
4. Return any herbs in the strainer back to the pot. Add water to cover the herbs again, bring to a boil, simmer for 30 minutes.
5. Strain again and combine the liquid from the first and second boils together.
6. The two combined boils is three days worth of decoction—divide this into six doses and **take twice a day, ideally warm or hot, one hour after a meal**. The decoction will keep in the fridge for about a week.

Instructions to cook 2 or 3 bags for one week's worth of decoction:

1. In a ceramic, glass or stainless steel pot, add enough water to cover the herbs (approximately 8 cups) and soak for 30 minutes.
2. Bring to a boil and gently simmer 45 to 60 minutes. The liquid should reduce by at least one third (so you end up with around 5 cups).
3. Strain the decoction into a glass container.
4. Return any herbs in the strainer back to the pot. Add water to cover the herbs, bring to a boil, simmer 45 to 60 minutes as above.
5. Strain again and combine the liquid from the first and second boils together.
6. The two combined boils is a week's worth of decoction—divide this into fourteen doses and **take twice a day, ideally warm or hot, one hour after a meal**. The decoction will keep in the fridge for about a week.