

HOW TO COOK A CHINESE HERBAL FORMULA

The Kind of Container

The best container is glass, ceramic or porcelain soup pot. It is important that your pot has a lid. Materials to avoid include cast iron and aluminum. Stainless steel is better than the other metals and it is acceptable. Teflon coatings are not as good as ceramic coatings. Many prefer to cook the herbs in a crock pot as this requires less attentiveness to the process and the herbs can cook overnight. Instructions for cooking in a crock pot are in the third section below.

**Please check for any special instructions checked off at end of this document.
And, disregard any instructions that follow boxes that are not checked off.**

Cooking

Place the herbs into the pot they will be cooked in. Cover the herbs with enough water to a little more than twice the depth of the herbs in the pot without water. If you have the time, many people will soak the herbs for 15-30 minutes before turning on the heat beneath the pot. This soaking is optional, if you don't have time to soak the herbs it is acceptable to brew them right away.

Bring water to a rolling boil. Then, turn down the fire to a low simmer. Stir the herbs before replacing the lid.

Cook herbs for 45-50 minutes.

Strain the tea into a second container and return the herbs back into the pot.

For the second boiling add enough water to just cover the herbs. Again bring to a boil and this time they may simmer more vigorously for 45-50 minutes.

Strain the liquid from the herbs and combine it with the tea from the first boiling.

How to brew Chinese Herbal Medicine in a Crock Pot

1. Empty the herbs into the crock pot and note where twice the level of the herbs is on the side.
 2. Add sufficient cold water to at least twice the depth of the herbs.
 3. Turn the crock pot on low and cook for 4-8 hours. It is fine to let them cook overnight. Please be sure that the water doesn't boil at a rate that the water dries out.
 4. Sometimes there will be herbs to add in the last 30 or so minutes of boiling. You can turn off the crock pot and let them steep.
 5. Strain off the liquid from the herbs and put the liquid in an appropriate container.
- If you have any herbs that need to be pre-decocted (they will be in a specially marked bag within the main bag of your herb formula) put them in a sauce pan with 3-4 cups of water and boil them for the specified amount of time (usually 30-60 min.).

Determining Dosage:

Measure your total liquid and divide that by _____ the number of doses you'll take. (_____ days x _____ doses/day)

Drink _____ cup (s) _____ times a day before/after meals.

Start with _____ cup(s) per dose and work up to _____ cup(s) over _____ doses.

Store the remaining tea in a container in the refrigerator.

If you find the taste disagreeable, then your tongue is working right. However, if you find the taste so unpalatable that you don't drink it, then you need to do something to make it more drinkable. I suggest watering it down a bit. This helps a great deal. You may put a drop of lemon juice on your tongue or a bit of food like a few raisins to get rid of the after-taste. Also, it seems that after time many people find their body begins to crave the formula and you'll find the taste to be more attractive.

When to take your herbs.

Generally, as a rule, it is best to take your herb tea warm one hour before eating, on an empty stomach. This provides the best absorption of the ingredients of the herbs. If you're brewing the herbs in a crock pot, you can have your first dose of herbs about an hour after the herbs have come to a simmer.

See below for any special instructions that may be checked off.

If the herbs cause a little stomach upset:

- drink the herb tea one hour after eating, or
- drink some fresh ginger juice before taking the formula if the tea causes nausea, or
- eat some fresh ginger before the formula.

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.

Should you experience any unpleasant side effects, please give us a call.

Special Instructions: Follow Only if Checked!

Cook _____ slices of fresh ginger with each bag.

Add herb(s) from the small bag for the last _____ minutes of the first cooking.

Cook herb(s) from the small bag for _____ minutes before adding the other herbs.

Dry-fry herbs in separate bag by heating an iron skillet then fry the herbs dry till they smoke for 15-30 seconds. They should char just a little bit, but shouldn't be black.

Notes:

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