

HERB COOKING INSTRUCTIONS

- 1) To cook three days of herbs at once, place three packets of herbs into a pot and cover with water, roughly a half inch above the herbs. Let soak for at least one hour before cooking (can soak overnight if you wish)
- 2) Bring pot to boil, cover, and let simmer on low boil for **15 minutes**.
- 3) Strain and set the tea aside.
- 4) Pour water over the same herbs again, this time only to the same level as the herbs (as they have absorbed water now). Bring to a boil, cover, and simmer for **25 minutes** this time.
- 5) Strain and mix the two teas together.
- 6) Divide into 3 equal jars, place lids on the jars right away to preserve freshness, and store in the fridge when cooled down.
- 7) Drink one jar of tea per day. Half in the morning and half in the evening, preferably before meals. May be room temperature, cold, or hot.

*The instructions are not exact, as the amount of herbs will vary from person to person. A good rule of thumb is to aim for approximately 2 cups or resulting liquid/day. 1 cup taken am and one cup pm.

*Automatic herb cooking machines are available @ Beijing Trading Co. for \$60.

