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INSTRUCTIONS FOR PREPARING HERBS: CROCK POT

MATERIALS: You will need a glass bottle that holds at least seven cups of liquid to store your tea. If you do not have a bottle this large, you may use two smaller ones. When using two smaller bottles, make sure to adequately mix the herbs, so that each bottle has equal herb distribution. A wooden spoon, a wire-mesh strainer and a funnel will also be helpful.

HERBS: You will receive a bag of herbs in a brown paper bag. Your herbs **may or may not** contain separate herbs marked with the following labels:

- **Cook for one hour before adding other ingredients:** This special instruction pertains to formulas that are prepared on a stovetop. Simply add the contents of this bag to the rest of your formula and follow instructions below.
- **Add in last 10 minutes of the first simmer:** Follow directions below and add this bag in the last half-hour of cooking.
- **Melt into the strained decoction:** After you've completed the entire process and all of the tea has been poured into your storage container, sprinkle the contents of this bag into the warm liquid.

COOKING:

1. Place the herbs in your crock-pot. Pour approximately 10 cups of water over the herbs. The water should cover the herbs completely.
2. Simmer on low overnight (approximately 8 hours) or you can try simmering on high for approximately 4 hours. Because crock pots vary in size, this is an estimation of the time required. Once the herbs come to a simmer, they should cook for one hour. Sizes of crock-pots and volume of herb material can vary.
3. When the herbs are finished cooking, strain into a glass container. You should yield approximately 7 cups.
4. If you have yielded 7 cups of tea, you can discard your herbs. Alternately, you can add more water to the cooked, strained herbs to remove the last bit of medicinal properties. Use just enough water to barely see liquid through the surface of the herbs and simmer for about 20 minutes. Continue with Step 3.
5. Store the herbs in the refrigerator. When the herbs settle, there may be sediment in the bottom of the bottle that may be removed with a spoon. Drink 1/2 cup of tea, two times daily. It's best to drink the herbs warm; however, it's O.K. to drink them at room temperature. Try to take the herbs on an empty stomach.

Note: the most common side effect of herbs is bloating or gas. If you have any gastric discomfort, take the herbs after eating, and make sure to tell your practitioner about that response so that your formula can be adjusted. Should you have any questions feel welcome to call or email and we will be happy to assist you!