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INSTRUCTIONS FOR PREPARING HERBS: STOVETOP

MATERIALS: To make your tea, you will need an enamel, glass, or stainless steel pot. Avoid iron, aluminum, and copper cookware. Store the tea in a glass bottle that can store at least seven cups of liquid. If you do not have a bottle this large, use two smaller ones. Make sure then, 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:** Using only the herbs in this special bag, follow directions below for “First Simmer”. After one hour, replenish the water that has boiled off and add the rest of the herbs, following the directions below.
- **Add in last 10 minutes of the first simmer:** Follow directions below for “First Simmer”. After cooking for 35 minutes, add this special bag. Continue with directions.
- **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:

- **FIRST SIMMER:** Dump the full contents of the bag in the pot, with just enough warm water to barely cover the herbs, or six cups, whichever is greater. Let soak for ten minutes, and bring to a boil. Cover, reduce heat, and simmer for forty-five minutes. Strain tea into the bottle, and return the herbs to the pot.
- **SECOND SIMMER:** Again, add just enough water barely to cover the herbs in the pot. Bring to a boil again, reduce heat, and simmer with the cover on for fifteen minutes. Strain the tea into the bottle, and return herbs to the pot.
- **THIRD SIMMER:** Add two cups of water, and bring to a simmer for five minutes. Stir the herbs with a wooden spoon. Most of the medicine has already been cooked out of the herbs. This step is to “wash” out any remaining medicinal value from the herbs. Strain tea into the bottle, and discard the herbs. You should now have approximately seven cups of tea. Store in the refrigerator.

DOSAGE: Take one-half cup (four fluid ounces) of tea in the morning, and another half-cup later in the day. The preferable dosage is at least one half hour before meals, or one hour after meals. The tea should be consumed at room temperature. Some herbal teas will taste better at room temperature, and others may taste better warmed.

NOTES: You should yield approximately 7 cups of liquid and the tea should last at least six or seven days. Finish off the batch, but don’t drink the sludge that settles on the bottom. You may take a one or two day break, before making the next batch. Some people experience marked improvement after only a few days, especially patients with acute problems, but patients with chronic problems should allow at least three weeks for improvements to occur. Make sure to inform your practitioner about your particular response to the herbs, as he/she may need to adjust your prescription to suit you better.