



SIX FISHES

CHINESE MEDICINE FOR ALL

Note: This is our newest method, and it's a work in progress. We welcome your feedback for this method so we can refine and improve the process.

MATERIALS:

A large pressure cooker or electric multi-pot

A glass bottle that can store at least seven cups of liquid. Or use two smaller ones. Make sure to mix the herbs, so that each bottle is the same strength

A wooden spoon

a wire-mesh strainer

a funnel will also be helpful.

HERBS:

You've received a bag of herbs in a brown paper bag. You might also find herbs separate little bags of herbs marked with the following labels:

- **Cook for one hour before adding other ingredients:** This means there's shells or minerals in your formula. These need to cook longer to get the medicine out. Put these herbs in a pot with 6-7 cups of water and simmer covered for an hour. You can then move to step 1, adding more water since some has evaporated.
- **Add in the last 10 minutes of the first simmer:** This means your formula contains delicate or fragrant herbs that should only cook for a short time.
- **Melt into the strained decoction:** If you find this, it means your formula contains a kind of gelatin. After you've cooked and strained your herbs, add the contents of this bag and stir until melted.

COOKING:

- **Soak the herbs before cooking them:** Place raw herbs into the pressure cooker and cover them with water, so it's about 3 inches above the level of herbs. Allow the herbs to soak for a minimum of 30 minutes, or even overnight if time allows. If you've soaked them for a long time, you'll find that they've absorbed water. Just add more water and proceed to step 2
- **Cook, Strain:** Set the pressure cooker to the "Soup" setting and program it for 25 minutes. Once the cooking is complete, use the natural release setting. Strain decoction into your jars. You should now have about 7 cups of tea.

If you have a baggie labeled "add in the last 10 minutes", you can add that right in the beginning when you use this method.

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If you've received a bag of herbs labeled "cook for one hour first," place all the herbs, including the baggie and set the pressure cooker for 60 minutes. Then proceed as directed above.

If you've received a bag labeled "melt into the strained decoction, you'll have to melt it in with the strained herbs. Alternately, dissolve it in a saucepan with about 4 oz of water and then mix into your cooked and strained decoction to distribute evenly.

DOSAGE: Take one-half cup (four fluid ounces) of tea in the morning, and another half-cup later in the day. It's best to take the tea on an empty stomach. Drink them room temperature or warm. Some formulas taste better at room temperature, and others might be better warmed.

NOTES: You should yield approximately 7 cups of liquid, and the tea should last at least six or seven days. We don't recommend drinking the sediment that settles on the bottom. It's bad per se, but there's no value in it. You can opt to take a break for a day before making the next batch. Some people feel noticeable improvement after only a few days, especially when there's an acute problem. Chronic conditions might take 2-3 weeks to notice improvements in your health.

Make sure to inform your practitioner about your response to the herbs. Herb Formulas are adaptable. We modify them based on your responses.