



SIX FISHES

CHINESE MEDICINE FOR ALL

INSTRUCTIONS FOR PREPARING HERBS IN A SLOW-COOKER

You've just received a large bag of roots, leaves, and stems.

This is an herb formula written just for you.

Raw Herb Formulas are the gold standard of Chinese Medicine, so congratulations!

Using a slow cooker allows you to leave the kitchen without fear of them burning.

MATERIALS:

- 1) A glass bottle to store the cooked herbs. You're going to have at least seven cups of tea. If you're using more than one bottle, make sure to combine the herbs, so the concentration of herbs is the same in both containers.
- 2) A large spoon for stirring the herbs.
- 3) A wire-mesh strainer.
- 4) A funnel. Not essential but makes things less messy.

HOW TO COOK YOUR HERBS

1. **Place the herbs in your slow-cooker.** Pour approximately 10 cups of water over the herbs. The goal is to cover the herbs completely with at least an extra 2 inches or 2 of water. The amount of water is an estimate. Some herbs are dense, some light and fluffy. Some are very absorbent. Be flexible and use your common-sense. If it looks like it needs more water-it probably does.

2. **Simmer** on the low setting for approximately 8 hours, or on the high setting for about 4 hours. Once the herbs come to a simmer, they should cook for one hour. Sizes of crock-pots and the volume of herbal material can vary, so the timing is approximate.

3. **Strain** into a glass container When the herbs are finished cooking, you should yield approximately 7 cups.

If you have generated 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. Pour enough water to barely see liquid through the surface of the herbs and simmer for another 20 minutes. When you strain them, combine them with the first batch of strained tea, so the concentration of them is equal. 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. Just let it be there: you've cooked all the medicine out of the herbs and drinking herb sludge is not pleasant.

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6. **Drink 1/2 cup of tea**, two times daily, unless you've been instructed to consume them more frequently. 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 alert your practitioner about that response so that your formula can be adjusted.

Your herbs may or may not contain separate bags marked with the following labels:

- **Cook for one hour** before adding other ingredients: This means your formula includes a shell or a mineral. They're hard, so it takes longer to extract the medicine, so they need more time to cook than plants.

You have a choice: either simmer the herbs this bag on the stove in a few cups of water for an hour first (Make sure to cover them and keep an eye on this- don't burn them!). Alternately, put them in the slow cooker set on HIGH with about 7 cups water. Allow to simmer for an hour. After that, simply add the rest of the herbs, adjust the amount of water, and continue with step 1.

- **Add in the last 10 minutes** of the first simmer: Some herbs are very light and fragrant. They have volatile oils that can be damaged with long cooking. For Slow-cookers, follow the directions below and add this bag in the last 15 minutes of cooking.

- **Melt into the strained decoction:** This bag contains gelatin that is prepared into bars. We crack it into small pieces with a mortar and pestle. Just like Jell-O, it doesn't require cooking, just dissolving. However, unlike Jell-O, it takes more time to dissolve.

After you've cooked and strained herbs, pour the tea back into the pot, sprinkle the contents of this bag into the warm liquid. The tea might be hot enough to melt it. Then stir to mix evenly and store in glass jars.

*You can 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, so your practitioner can adjust your formula if necessary.

** Adverse reactions are rare; however, should you have a reaction, discontinue the herbs temporarily and Contact us immediately for guidance.

** We're here to help you! If you have questions or concerns, give your practitioner a call.

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