



COOKING INSTRUCTIONS FOR RAW HERBS

Cook your herbs in a **clay, glass, enamel** or stainless steel pot. Do **not** use other metal pots as they destroy the quality of the herbs. Each bag contains **2** days' worth of herbs. Always drink the decoction (the tea) warm or at room temperature.

- Step 1: Place the contents of **one** bag of loose herbs into the cooking pot*. You will cook these herbs **TWICE**.
- Step 2: Hold herbs down with your hand (so they don't float) and add enough water to cover approx. 1/2 inch above herbs. (or eyeball the level of dried herbs and fill to 1/2 inch higher than that)
- Step 3: Put the lid on the pot and let herbs soak for at least **30 minutes**. This is an important step.
- Step 4: With the lid on, bring the soaked herbs to a boil. Lower the heat and let simmer for approx. **35 minutes**. (Keep an eye on it towards the end - you want to have approx. **2 cups** of liquid left to drink.)
- Step 5: After cooking, strain the liquid out (use a strainer, cheesecloth or sieve) and store temporarily in another stainless steel pot (you will add to this first batch of liquid). Save the herbs for the 2nd cook.
- Step 6: Put the herbs back in the pot and cook them again. This time, add only enough water to cover the herbs (not above them). Bring to a boil and repeat cooking procedure but only simmer for **20 minutes** this time.
- Step 7: Strain out the herbs and combine these **2 cups** to your first **2 cups** of tea.
- Step 8: Mason jars (8oz. each) work great for storing your tea in individual serving sizes. Pour one cup (8 oz.) into each Mason jar. Seal your Mason jars while they are still hot and store them in the refrigerator.

You now have enough tea for **2** days (approx. **4 cups**). Drink 1 cup of this tea early in the day and 1 cup later in the day. *Store any unused portion in the refrigerator.* Use stovetop to reheat each serving if desired (do not use microwave). When you finish this tea, it will be time to cook the next bag of herbs.

Remember, these herbs were prepared especially for *you* and they are a powerful medicine. Do not add honey, sugar or anything else to the herbs, no matter how bad they may taste. These herbs are intended to help you, so please drink all the tea or you may not experience the intended therapeutic effect!

***SPECIAL INSTRUCTIONS:** _____