



MÉIHUĀ

Instructions for Cooking One Packet of Herbs

First Boil:

Empty the contents of any one packet of herbs into your cooking pot.

Add 4 cups of water (or enough to cover herbs for larger packets) and soak for 30 minutes.

Bring the herbs to a boil, then reduce to a low flame allowing the herbs to simmer slowly, with the lid slightly ajar for approximately 40 minutes, or until reduced to one third.

Strain the liquid into a large bottle and set aside.

Second Boil:

Add 3 cups of boiling water to the herbs already in the pot (or enough to cover the herbs for larger packets).

Simmer slowly with the lid slightly ajar for approximately 40 minutes or until reduced by half.

Strain the liquid into the previously mentioned bottle and set aside.

Third boil:

Add 3 cups of boiling water to the herbs already in the pot (or enough to cover the herbs for larger packets).

Simmer slowly with the lid slightly ajar for approximately 40 minutes or until reduced by half.

Strain the liquid into the previously mentioned bottle and set aside.

There should be a bottle of about 3 cups of herbs, and by combining the tea from the 3 boils there will be an even strength of herbal tea.

Dosage:

Drink ml in the morning and ml in the evening. Do NOT consume any sediment that may have settled to the bottom. Drink warm or room temperature and store the rest in the fridge. It can be kept for 5 days in the fridge. It may be frozen and best to freeze in dosage amounts (eg using a plastic cup to freeze).

Please note: it is easy to forget the herbs and burn them. A timer is a good investment!

Stop taking herbs if you:

- develop symptoms of a cold or flu, fever or acute illness that was not discussed during the consult and contact the clinic for further advice.
- become pregnant and contact the clinic to see if the herbs can be taken during pregnancy or the prescription needs to be changed

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