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Herb Tea Cooking Instructions

Boiling a First Time

Place one entire bag of herbs into a glass or clay tea pot. Add **3 cups** of water. Begin with a low heat and simmer the herbs until **1 cup** of liquid remains. The liquid remaining equals 1 dosage of tea. Strain tea and set aside herbs. Drink tea while they are warm and your stomach is not so full. You may drink half now and half later.

Second Herb Boil

Use the leftover herbs from first boil. Add **2 1/2 cups** of water. Simmer as before until **3/4 cups** of liquid remain. Strain tea and take either same day or next day. Afterwards, compost the herbs and proceed to the next package according to recommendations.

Additional Indications

The normal indications call for one or two dosages a day. In severe cases, such as flu or diarrhea, it is recommended you take **3 dosages /day.** Give yourself at least 2 to 3 hours before and after taking any Western medications or vitamins. If you find the tea too bitter, try adding a little honey or eating raisins immediately after drinking. You may refrigerate leftover tea and reheat when ready to drink again. Follow these procedures for each subsequent package of herbs.