

Cooking Instructions for Herbal Formulas

What You Will Need:

- Large glass or stainless steel pot (do not use aluminum) with tight-fitting lid in which to cook herbs
- Strainer
- Large container to store finished tea
- Allow for approximately 1.5 hours, total, for preparation, cook time, and clean up

Cooking Instructions:

- Place 'Long Cook' herbs in _____ cups water*, bring to a boil, cover with lid, then reduce to low, rolling simmer and cook for 30 minutes. Add tea and herbs to main bag at the 1st cook.
- Place main bag of herbs in _____ cups* warm water in pot, cover, and soak for 30 minutes.
- 1st Cook – After soaking the herbs, cover with lid and bring to a boil, then reduce to low and simmer for 30 minutes. Strain off tea into container and set aside. Save herbs for 2nd cook.
- 2nd Cook - Add _____ cups* water to batch of herbs from 1st cook, cover and bring to boil, then reduce to a low, rolling simmer and cook for 15 minutes, adding 'Short Cook' herbs, if included with main bag, as indicated on their respective bags. Strain off tea into same container as for the 1st cooking. You can now dispose of cooked herbs.

Taking Your Formula:

- Refrigerate your formula. Drink at room temperature or warmer, mixing well each time. To warm up: a) heat on stove top, b) add a small amount of boiling water, or c) leave out for an hour; **do not** microwave your formula.
- This formula is for _____ days. After cooking, ensure you have at least _____ cups of tea. If you don't, add enough water to reach this amount.
- Drink 1 cup _____ times a day at the following indicated times: anytime, morning, noon, evening, before bed, before meal, after meal, with meal. (Allow at least four hours between cups.)

Cautions:

- ❖ If you miss a dose, do not 'make up' for it by doubling the next dose (unless otherwise directed by your practitioner).
- ❖ Formulas stored for more than seven days, or left un-refrigerated for more than 24 hours should be discarded.
- ❖ If you experience any negative side effects not mentioned by your practitioner, stop taking your formula immediately and contact your practitioner.
- ❖ If you catch a cold, stop taking your formula and contact your practitioner for further instruction.

Additional Notes: _____

If you have any questions or concerns, please do not hesitate to contact either the pharmacy, at 303.810.7440, or your private practitioner.

* All water amounts listed are approximate. Please ensure herbs are covered by at least ¼ inch of water when cooking.