

Patient: _____ Date: _____

Herb Tea Instructions:

Preparation of Herb Tea:

Empty contents of one bag of herbs into ceramic pot (pyrex, glass, or Corning ware is also fine) and add the indicated amount of water. See below.

Partially cover and bring to a boil over high heat.

Once tea is rapidly boiling, reduce heat and simmer tea down to the prescribed dosage.

This process will take from 25 to 45 minutes for each boiling.

Strain the prepared tea and save herbs for the 2nd and 3rd boilings.

Continue the 2nd and 3rd boilings by adding the indicated amount of water and repeating steps 2, 3, and 4.

If you don't have time, you may refrigerate the herb stock overnight and continue with the 2nd and 3rd boilings the next day.

Combine the contents of all the boilings. Remember to refrigerate you herb tea.

Each bag of herb tea will be boiled 3 times unless otherwise indicated

1st boiling: Add ___ cups of water, boil down to ___ cup

2nd boiling: Add ___ cups of water, boil down to ___ cup

3rd boiling: Add ___ cups of water, boil down to ___ cup

Herb Tea Dosage: ___ Bags for ___ consecutive days

Drink ___ cups of Warm herb tea ½ to 1 hour Before/After

Breakfast/ Lunch/ Dinner or ___ cups ___ times daily

Granule or tincture instructions- see label on bottle

___ drops/droppers/mL/tsp ___ times daily

Special Instructions for ointments, salves, external washes, plasters, liniments etc.