

Decoction of Bulk Herbs

1. Soak roots, seeds, and berries in room temp water for at least 1 hour - *the rule of thumb for the amount of water to use is to fill the pot until it covers your hand, palm down, over the herbs. (You can approximate the amount of water that the herbs soak in, by filling the water level to about 1 inch above the top of the herbs).*

2. Simmer herbs for 35 minutes

3. Follow instructions for herbs with specific cook times such as Sha Ren, which is added when there are 5 minutes remaining in the cook time. These herbs will come in a separate package with specific instructions.

4. Strain off liquid decoction into large mason jar (or other glass container).

Add about half the amount of water you used for the first decoction to the pot again

Simmer for **15 minutes**

Strain into same large container or mason jar

5. Compost or dispose of used herbs.

6. Unless instructed otherwise, one bag of herbs is formulated to last for 2 days. Consume liquid in 6 divided doses over 2 days. Use measurement marks on jar to make each dose equal if available. The amount of liquid is not so important, as is the division of the total amount into 6 equal parts

7. Stir or shake liquid before taking each dose. Unless otherwise specified, reheat formula before consuming.