



# OCEAN HEALING ARTS

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## INSTRUCTIONS FOR GRANULATED HERBS

Take 5g powdered herbs 2 x day. The scoop provided is 1 g, or ½ tsp.

Mix the herbs with warm water: Do Not mix with juice or other substances. Consult your herbalist before adding sweeteners: a little bit of honey may be permissible. Be sure to drink all of the powder in the cup. If possible, take the herbs on an empty stomach (1/2 hour before meals, or 2 hours after meals). If G/I symptoms (such as gas) occur, try taking the herbs on a full stomach (during or directly after a meal) to see if this will eliminate the problem. The heavier herbs tend to sink, so shake the bottle before each use to get a more even mixture.

## PLEASE PAY ATTENTION TO THE FOLLOWING

1. Should you develop a new symptom or illness (such as a cold or flu) other than the one for which you are being treated, call the office to inquire whether you should continue taking the herbs.
2. Herbs rarely cause side effects. When side effects do occur, they usually cause G/me (stomach) symptoms, such as gas or changes in bowels. When herbs cause side effects, the symptoms stop when the herbs are discontinued. If the symptom persists after you stop taking the herbs, then the herbs did not cause the symptom. If you develop a new symptom you think may be caused by the herbs please call the office to discuss the symptom with the herbalist, who will make suggestions about how to proceed.
3. Taking the herbs 2 hours apart from other substances (drugs or supplements) can usually resolve interaction problems.
4. Never increase the dosage without contacting your herbalist.
5. If you have herbs remaining prior to a refill, Use the New Herbs First. When you have finished the most recent formula given, you may then go back and use any remaining, older formulas. Please first consult with your herbalist to determine whether the older formulas are still appropriate for continued use.
6. If you have difficulty taking the herbs due to taste, you may make them into 'honey pills'. To do this, mix the labeled dose with honey to make a thick paste. Roll into pills and swallow the pills using room temperature or warm water.
7. If you have any questions or uncertainties regarding your herbs or instructions, contact your herbalist before proceeding further.