



OCEAN HEALING ARTS

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RAW HERB COOKING INSTRUCTIONS – How to make a decoction

1. Put the herbs from 1 bag into a colander and rinse. Transfer the herbs to a ceramic, stainless steel, or glass pot (not cast iron or aluminum), add 4C filtered water and soak for 10 minutes. The herbs should be covered by about 1.5-2 inches of water.
2. Cover the pot and bring the water to a boil. Lower the heat and simmer the herbs for 30-40 minutes; approximately 2 cups of tea should remain.
3. Strain the herbal decoction (tea) into a glass storage container. Large Ball or Mason jars work well.
4. Put the herbs back into the pot and add 3 cups of water and cover.
5. Bring the herbs to a boil, reduce heat and simmer for 30 minutes: approx. 2 cups of tea should remain.
6. Strain the decoction into the storage container with the tea from the first boiling and compost the herbs.
7. You now have approximately 4 cups of herbs (tea).
8. If you have more or less than 4C of tea at the end of the cooking time, adjust the amount of water used when cooking subsequent bags so that you have approximately 4C of tea at the end. All of the herbs must be covered with water in order to decoct them.
9. If you would prefer to cook less frequently after the first week, you may cook two bags of herbs together. To do this, use 6-7cups of water for the first boiling, and 4-5C water for the second boiling. Store the herbs in the refrigerator.

Drinking the Tea

Divide the decoction into 4 portions (approximately 1 C each) and take one portion twice daily (morning and evening), or 2/3 cup taken three times a day (in the morning, afternoon, and evening). One bag will last for 2 days. Do not divide the tea into more than 4 portions/bag. Do not drink the sludge. Drink warm or room temp.

Try to drink the tea before eating for maximum absorption to occur quickly. If you are taking medication, drink the tea at least 1-2 hours before or after ingesting your medication to reduce the risk of interactions.

It is common to find the taste of the tea disagreeable. Your body will get used to the taste and in some cases begin to crave a certain formula. However, if you find the taste so unpalatable that you don't drink the tea, there are measures you can take to make it more drinkable. Experiment with drinking the tea at different temperatures. Or try watering down the tea or adding a natural sweetener such as honey.

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 determine 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.
3. Preferably, 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.
4. Never increase the dosage without contacting your herbalist.
5. Always use the newest herbs you have been given first. Consult your herbalist before finishing remaining or older formulas.
6. If you have any questions or uncertainties regarding your herbs or instructions, contact your herbalist before proceeding further.