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## How to Make Your Chinese Herbal Decoction

Dear Patient:

Congratulations on your Chinese Herbal Medicine Formula! This is a very important part of your healing process.

Please Note: Making a decoction is basically like making a broth soup. Instead of making a chicken soup you are making a Chinese herbal soup. There is nothing scary, mysterious, or difficult about making a herbal decoction (soup).

### **Decocting instructions:**

1. In a pot, add 4 cups (32 oz) of water with a complete bag of the raw herbal formula. Clay or Glass pots are preferable, stainless steel is OK. Avoid using aluminum pots or Teflon coated pots. If you have been given special cooking directions please make appropriate adjustments.
2. Let herbs soak for 10 min.
3. Turn heat up to *medium high* and bring to a rolling boil.
4. Then turn down to *low* and simmer for 40 minutes. Using a strainer, strain the decoction into storage container.

### **Dosage:**

You have been give \_\_\_ bags of herbs. Each bag makes enough decoction for a \_\_\_ day supply, which should be separated into \_\_\_ equal parts. One part represents one dosage and should be drunk three times a day, with or without food.

The remaining decoction may be kept in the fridge for 3-4 days.

### **Special Directions:**