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How to Make Your Chinese Herbal Decoction

Chinese Herbal Medicine is an especially important part of your healing process. Making a decoction is basically like making a broth or stock. There is nothing scary, mysterious, or difficult about making an herbal decoction.

Decocting instructions:

1. In a pot, add _____ quarts/cups 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. Then turn heat down to *low* and simmer, covered for 45 minutes.
4. Using a strainer, strain the decoction into a storage container – Mason jars work well for this. The decoction should be kept in the fridge.

Dosage:

You have been given ____ bag(s) of herbs.

Each bag makes enough for a ____ day supply, and equals ____ doses.

Drink 1 dose ____ times a day.