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**HERBAL MEDICINE INSTRUCTIONS**

As adjunct to your treatments, you have been given an herbal formula. Please remember, herbs only work if you take them! Herbs come in many forms. I commonly prescribe raw herbal tea/ground up raw herbs, but you may be prescribed granules, whole raw herbs, or pills. Here are instuctions for taking each of them.

It is very possible that your herbs will taste slightly unpleasant. You may add a small amount of honey to sweeten them if you’d like, or drink them with some juice to cover the taste if necessary.

Please contact Abby Rappoport L.Ac. if you have any issues, questions, or concerns.

**RAW HERBAL TEA** (bag of ground-up herbs)

 These are general instructions. Quantity and steeping time may differ as specified on your specific

 formula

1. Place \_\_\_\_ tablespoons of ground herbs in your glass/heat resistant container.
2. Pour 4+ cups of boiling water over the herbs
3. Let the tea sit at least 45 min
4. Sip the herbs throughout the day.

 NOTE: You do not need to consume the leftover ground-up herb matter at the bottom of your container.

**POWDERED TEA GRANULES** (jar or bag of dehydrated granules)

Add desired about of herbs (usually 2-5 grams/scoops) to hot water, and sip as a tea.

**WHOLE RAW HERBS** (brown bags of sticks, roots, and twigs…)

Your raw herbal formula has been given to you in the form of whole raw herbs. Each bag contains enough herbs for 2 days worth of formula.

To prepare the tea: **These herbs require 2 boilings**. Empty the contents of the entire bag\* into 2-4 cups of water (larger formulas will require more water). Make sure the herbs are completely covered in water (though some may float at the top). Simmer the tea for about 20 minutes. Strain out the liquid into a storage container, and repeat the boiling a second time with 2-4 cups of water. Mix both boilings together for your finished tea.

Feel free to cook multiple day’s worth of herbs at once. Be sure to increase the water appropriately. They can be stored in the refrigerator up to 5 days. Simply warm up each dose as needed.

 It is preferable to cook the tea in a non-metal pot if possible. If you don’t have a traditional clay pot, you can use a glass or ceramic pot. “Le Creuset” pots also work well.

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\*You may have been given a smaller tea bag in addition to your larger formula. If this is the case, this bag should is either labeled “cook first” or “add at end”

 Cook First: These herbs should be cooked alone for 20-40 minutes (duration is labeled on

each bag). Then, add the larger tea bag to the decoction and cook for another 10-15 minutes

 Add at End: These herbs should be added in to the decoction during the last 3-5 minutes of

simmering. Simply toss the bag in at the end!