



HOW TO PREPARE YOUR RAW HERBS



What do I cook my herbs in?

It's usually preferable to cook your herbs in a ceramic pot because metal can change the action of some herbs. I can help you identify a suitable pot (or I stock them at the clinic). If a ceramic pot isn't necessary (I'll let you know, or ask if you have forgotten) for your particular prescription, then a metal cooking pot with a lid is good.

INSTRUCTIONS

1. Place the contents of one packet of herbs into a cooking pot.
2. Add 3 cups of cold water and allow to soak for 10 minutes. The herbs should be covered by the water. If not, add a little more water.
3. Bring to the boil and allow to simmer with the lid slightly ajar for 30 minutes.
4. Strain the liquid into a glass or ceramic bowl or jug, keeping the cooked herbs in the pot.
5. Add 2 and a half cups of boiling water to the pot with the herbs, bring to the boil and simmer again for 30 minutes.
6. Strain the liquid into the same bowl or jug as the liquid from the first boil.
7. Repeat steps 5 & 6 and boil for a third time.

Once you have finished this process, you will have approximately 3-4 cups of liquid. The three boils ensure that all the active constituents of the herbs have been extracted, and mixing the liquid together means you have these distributed evenly throughout your liquid. It's now ready to drink, following the dosage instructions below. Cooked herbs can be then placed in your compost.

DOSE

- Take ½ cup in the morning and ½ cup in the evening, unless I have given you alternative instructions
- You can leave the tea out of fridge for up to 3 hours, but it will need to be stored in the fridge. It will last for up to 5 days.
- One bag of herbs will last about 3-4 days. It's not an exact process and sometimes in the cooking process you will end up with less or more liquid. Don't stress, this is ok!
- Drink the herbal tea warm or at room temperature (not straight from the fridge).
- Drink 30 minutes before or after food and 2 hours before or after medication if possible.
- You can freeze your tea if you can't take it for a period of time (i.e going away or if you get a cold and your formula is not appropriate to take when you have an acute infection).
- When you have finished your tea, repeat the cooking process with the next bag.
- For more information, consult the FAQ at emmabrinkmann.com.au

Stop taking the herbs if:

- If you develop symptoms of cold, flu or gastric flu, or any symptoms associated with an acute illness not discussed at your previous consultation. Resume the herbs when you are feeling better.
- If you become pregnant and have not discussed this with your practitioner.
- If you develop a rash or allergic reaction.

Please contact your Chinese medicine practitioner if any of these situations arise.

I hope you enjoy your journey with raw herbs!

