



Bartlett Acupuncture & Herbal Medicine

70 Woodfin Place Suite West Wing Two 828 258-2777 Asheville, North Carolina 28801

www.BartlettAcupuncture.com

Kath@BartlettAcupuncture.com

HERB COOKING INSTRUCTIONS

1. Put the herbs from 1 bag into a colander and rinse. Transfer the herbs to a pot, add 4C water and soak for 10 minutes.
2. Cover the pot, leaving the lid slightly ajar, and bring the water to a boil. Simmer the herbs for 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. Cover the pot, leaving the lid slightly ajar.
5. Bring the herbs to a boil, reduce heat and simmer for 30 minutes: approximately 2 cups of tea should remain.
6. Strain the decoction into the storage container with the tea from the first boiling and compost or mulch the herbs.
7. You now have approximately 4 cups of herbs (tea). Divide the decoction into 4 portions and take one portion twice daily, morning 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.
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. If you have too much tea at the end: turn off the heat and remove the lid from the pot at the end of the cooking time. Let the herbs stand for 10-20 minutes, until the appropriate amount of evaporation has taken place. Then strain the herbs, and continue with the cooking instructions.
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.

SPECIAL INSTRUCTIONS:

- ❑ **Ren Shen:** Because Ren Shen (ginseng) is a special and expensive herb it is traditionally decocted separately from the herbal formula, so to get the most out of the herb. Cook the Ren Shen in a separate pot. Cover it with 1" of water, bring it to a boil and then reduce it to a simmer (covered, lid ajar). Simmer the herb for 40 minutes. Strain off the decoction. Put the once boiled herbs back in the pot and cook as previously, Simmering for 30 min. Strain and combine with decoction from first boiling. Divide the decoction into 4 portions. When taking herbs, combine one portion of decocted ginseng with one portion of the decocted herbal formula, and take together. Be careful taking Ren Shen past 7 PM, as it may cause insomnia.
- ❑ **Minerals and Shells:** Minerals and shells need to be cooked longer than other plant substances. To do this, put the shells and minerals in the pot, and cover with about 1" of water. Bring them to a boil, reduce to a simmer (lid ajar) and cook for 20 min. Then add the rest of the herbs in your bag, and bring the water up to 4 cups. Now continue with the previous instructions for decocting an herbal formula.
- ❑ **Add Last:** These herbs in the separate bag contain volatile essential oils that will be destroyed if over-cooked. Therefore, add them during the last 5 to 10 minutes of either boiling.
- ❑ **Pediatric Herbs:** Add 4 cups of water to herbs, cook for 45 minutes until two cups remain. DO NOT BOIL TWICE.
- ❑ **External Prescriptions:** After decocting the formula, you may need to add additional water to the decoction in order to have enough liquid to soak in. External soaks may be reused 2-3 times. Store the soak in the refrigerator between uses.

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/I (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 the symptom with the herbalist, who will make suggestions about how to proceed.
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. If possible, cook the herbs in a glass or ceramic pot. If such is not available, use stainless steel. Do Not use aluminum cookware.
5. Take the herbal decoction at room temperature or reheat (they taste better warm). Preferably, do not use a microwave.
6. Consult your herbalist before adding sweeteners.
7. Taking the herbs 2 hours apart from other substances (drugs or supplements) can usually resolve interaction problems.
8. Never increase the dosage without contacting your herbalist.
9. Always use the newest herbs you have been given first. Consult your herbalist before finishing remaining or older formulas.
10. If you have any questions or uncertainties regarding your herbs or instructions, contact your herbalist before proceeding further.

INSTRUCTIONS FOR GRANULATED HERBS

Mix the herbs with warm water: Do Not mix with juice or other substances. Consult your herbalist before adding sweeteners: a little bit of honey may be permissible. Be sure to drink all of the powder in the cup. If possible, 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. The heavier herbs tend to sink, so shake the bottle before each use to get a more even mixture. The scoop in the container measures ½ t.

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 inquire whether you should continue taking the herbs.
2. Herbs rarely cause side effects. When side effects do occur, they usually cause G/I (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 the symptom with the herbalist, who will make suggestions about how to proceed.
3. Taking the herbs 2 hours apart from other substances (drugs or supplements) can usually resolve interaction problems.
4. Never increase the dosage without contacting your herbalist.
5. If you have herbs remaining prior to a refill, **Use The New Herbs First**. When you have finished the most recent formula given, you may then go back and use any remaining, older formulas. Please first consult with your herbalist to determine whether the older formulas are still appropriate for continued use.
6. If you have difficulty taking the herbs due to taste, you may make them into 'honey pills'. To do this, mix the labeled dose with honey to make a thick paste. Roll into pills and swallow the pills using room temperature or warm water.
7. If you have any questions or uncertainties regarding your herbs or instructions, contact your herbalist before proceeding further.