

Raw Herb Cooking Instructions

(One Bag = One Day of Herbs)

You may cook anywhere from 1 to 5 bags/days at a time. For convenience sake only, many patients will cook 5 days (one week) at once. For *maximum potency*, however, cook only 1 to 3 bags at a time.

1. There is a “learning curve” to cooking herbs. It is cautiously wise to practice with a single bag first.
2. Add the herbs to a large (non-aluminum) pot (glass is best, stainless steel is also fine).
3. Cover the herbs with water and soak for 20 minutes (do not soak “short cook” herbs).
4. Cover with a lid and bring the water to a boil.
5. Once the water has fully reached a full rolling-boil for one minute, turn it down to a **low rolling-boil**.
6. **Keep herbs partially covered with a lid**, to slow the evaporation process.
7. Low boil for about 45 minutes; stirring occasionally.
8. All of the herbs should be mostly submerged throughout cooking, add water as needed (see #9).
9. You do not want to end up with excessive liquid; so pay attention to the quantity of water present, and carefully reduce the liquid towards the end of cooking (**remove the lid entirely as needed**).
10. The brew (decoction) should become a rich brown, or rick black, color for most formulas.
11. Strain the liquid decoction out - ideally using a fine metal strainer (but not so fine as a coffee filter).
12. Discard the dregs (the used-up, cooked, herbs).
13. **Keep the herbal liquid (decoction) in the refrigerator.**
14. Take two doses per day - breakfast / lunch, or lunch / dinner, or breakfast / dinner.
15. Dosages should be divided into equal parts (i.e. visually [or otherwise] divide the decoction into 6 equal parts for 3 days/bags cooked, 4 parts for 2 days/bags cooked, etc.)
16. In contrast, you may take each day’s herbs as a single (that is, a doubled) dose, once per day (e.g. 3 servings in 3 days, etc.), taken in the morning or midday. *You will be directed if it is to taken at night instead.*
17. The ideal volume of liquid decoction per dose (whether doubled or not) is ½ cup (this is approximate).
18. - Most formulas taste OK or even pleasant, however, a “chaser” is often desirable.
- The herbal decoction will taste best cold, or at room-temperature, but do not microwave it.
- **Add organic honey (or organic blue agave) PLUS peppermint oil (about 1 drop per day) to flavor.**

<https://www.iherb.com/pr/Now-Foods-Essential-Oils-Peppermint-1-fl-oz-30-ml/37826?rcode=cam780>

<https://www.iherb.com/pr/Now-Foods-Organic-Essential-Oils-Peppermint-1-fl-oz-30ml/939?rcode=cam780>

Expiration: The decoction has limited shelf-life once cooked; discard if not consumed within about 7 days.

“Short Cook for _____ Minutes”: Once you have fully finished the above process, and have put the strained herbal decoction into a saucepan, bring the liquid to a medium boil. Once at a boil, add the short cook herbs for the minutes stated. **Alternatively**, you can push the raw herbs (dregs) aside, and place the short cook herbs in the original pot to cook.

“Pre-Cook for _____ Minutes / Hours”: Begin cooking these substances before the others. Add the remaining herbs to the same liquid and follow standard procedure (from # 2, as above).

“Add To the Strained Decoction”: If you have a powdered herb, it may need to be stirred directly into the strained decoction. This is done after all other processes are complete.