

# How to cook Chinese herbs



## Step 1.

Empty the contents of 1 bag of herbs into your cooking pot.

## Step 2.

Add 4 cups of boiling water and allow to soak for 10 minutes.

Bring to the boil and then simmer with the lid ajar for 40 minutes.

Strain the liquid into a glass bottle and return the cooked herbs back into the pot.

## Step 3.

You will now cook the herbs again.

Add 3 cups of boiling water to the pot.

Bring to the boil and then simmer with the lid ajar for 30 minutes.

Strain the liquid into the same glass bottle to combine with the liquid from the first cook.

You now have approximately 750ml of Chinese herbal medicine.

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### Dosage Instructions

Drink 120ml of herbal medicine in the morning, and 120ml in the evening.

Once finished, cook up your next bag of herbs.

Jess Bowkett