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INSTRUCTIONS FOR PREPARING HERBS: CROCK POT STYLE

MATERIALS: You will need a glass bottle that holds at least six cups of liquid to store your tea. If you do not have a bottle this large, use two smaller ones. When using two smaller bottles, make sure to adequately mix the herbs, so that each bottle has equal herb distribution. When the herbs settle, there may be sediment in the bottom of the bottle. This sediment has no medicinal value. Simply decant the clear tea from the top of the bottle. Helpful tools include: a wooden spoon, a wire-mesh strainer and a funnel.

1. Place the herbs in your crock-pot.
2. Pour approximately 10 or more cups of water over the herbs. (The water should cover the herbs completely.)
3. Simmer on low overnight (approximately 8 hours) or **you can try** using the high setting for approximately 4 hours. This is an estimation of the time required. Sizes of crock-pots and volume of herb material can vary. Once the tea begins to simmer, it should do so for 45-60 minutes.
4. When the herbs are finished cooking, strain into a glass container. You should yield Approximately 6-7 cups. Store the tea in the refrigerator.
5. If you have yielded 7 cups of tea, you can discard your herbs. You can also add more water to the cooked, strained herbs. Use just enough to barely see water through the surface of the herbs and simmer, following instructions in step 3.
6. Store the herbs in the refrigerator. Drink 1/2 cup of tea, two times daily. It's best to drink the herbs warm; however, it's O.K. to drink them at room temperature. Try to take the herbs on an empty stomach.

Note: the most common side effect of herbs is bloating or gas... If you have any gastric discomfort, take the herbs after eating, and make sure to tell your practitioner about that response so that your formula can be adjusted.

Should you have any questions feel welcome to call or email and we will be happy to assist you!