



Lee's Acupuncture

Herbal Formula Instructions

1. Rinse herbs in strainer (optional)
 2. Fill pot with 1200ml water
 3. Secure loose herbs in cheesecloth or filter bag (optional)
 4. Add herbs to pot
 5. Bring to boil and simmer until half of the water is boiled off
 6. (1200ml --> 600ml)
 7. Pour decoction through strainer into container and seal
 8. Repeat steps 2-7 using the same herbs for a second batch
- 1 dose should be 150ml
 - Take herbal medicine anywhere from 1-3 times per day based on the specific formula or ailment. Keep sealed container of herbal medicine in refrigerator
 - You may wish to re-heat each dose prior to consumption for maximum efficacy (recommend comfortable drinking temperature:
75-80°C / 167-176 ° F)
 - For those who take herbal medicine regularly, you may wish to invest in a herb boiler