



Huo Acupuncture, P.C.
59-23 163rd St. 1st floor
Fresh Meadows, NY 11365
718 – 445 – 0608
www.herbal-acupuncture.com

DIRECTIONS FOR PREPARATION OF HERBAL REMEDIES

- 1 Put **“rock-like” herbs** in a small bag and place in a glass or Ceramic pot (NEVER METAL).
- 2 Add Spring Water to cover. Bring to a boil. Then reduce heat and simmer for 20-30 minutes

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- 1 Add **“soft” herbs** to glass or ceramic pot or to above preparation (if checked off).
 - 2 Add spring water to cover
 - 3 Bring to a boil then reduce heat and simmer for 30 minutes.
 - 4 Drain and keep liquid. Keep herbs in pot and add more spring water and cover.
 - 5 Bring to a boil and simmer for ANOTHER 20 minutes. Drain and keep liquid.
 - 6 Add this liquid amount to the first batch saved to make concentration of solution the same.
 - 7 Divide total amount into THREE EQUAL PORTIONS.
 - 8 Take 1 portion 30 MINUTES AFTER breakfast, lunch, dinner.

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- 1 Same beginning as directions above. Bring herbs to boil then reduce heat and simmer 25 minutes.
 - 2 Then ADD **“fragrant” herbs** and continue to simmer 5 minutes.
 - 3 Drain liquid and keep. Add more water to the level of the herbs.
 - 4 Bring to a boil. Reduce heat and simmer 30 minutes more
 - 5 Drain liquid, save and add to first batch to make an even concentration.
Divide into two portions and take one batch in the morning and one in the evening 30 MINUTES
 - 6 AFTER A MEAL or if you cannot consume that much, make smaller portions and take small portion every hour after breakfast or dinner.

***ADVISORY: Do NOT use a microwave oven to heat or reheat any amount of the tea, as it will compromise or destroy its beneficial properties**

If you are uncertain about anything in these directions, please contact us for clarification or further instructions. We are here to help you get well and following the proper course of action will get you well faster.