

# The MEDICINE TREE

## INSTRUCTIONS FOR GRANULAR HERBS

Mix the herbs with warm water: NO juice or other substances. They will dissolve more readily if the herbs are added to the water rather than water added to herbs. I find it easier to do 8 oz's or less so that you can take it back easily. Not all herbs taste very well. In fact some are down right terrible. Consult your herbalist before adding sweeteners. Be sure to drink all of the powder in the cup (don't leave the herbs that settle at the bottom).

Step 1: Read the directions given on the Formula label

Step 2: Fill a cup with warm water and add suggested scoops of herbs to water

Step 3: Drink it back! If the taste is terrible you can chase it with a little honey or a shot of juice

Step 4: Pay attention to your body and how you feel and if any questions arise please call me.

If possible, take the herbs on an empty stomach (1/2 hour before meals, or 2 hours after meals). If G/I symptoms (such as gas) occur, try taking the herbs on a full stomach (during or directly after a meal) to see if this will eliminate the problem.

## **PLEASE PAY ATTENTION TO THE FOLLOWING:**

1. Should you develop a new symptom or illness (such as a cold or flu) other than the one for which you are being treated, call the office to inquire whether you should continue taking the herbs.
2. Herbs rarely cause side effects. When side effects do occur, they usually cause G/I (stomach) symptoms, such as gas or changes in bowels or sometimes headache. When herbs cause side effects, the symptoms stop when the herbs are discontinued. If the symptom persists after you stop taking the herbs, then the herbs did not cause the symptom. If you develop a new symptom you think may be caused by the herbs please call the office to discuss the symptom with the herbalist, who will make suggestions about how to proceed.
3. Taking the herbs 2 hours apart from other substances (drugs or supplements) can usually resolve interaction problems.
4. Never increase the dosage without contacting your herbalist.
5. Never share your formula with another. A formula is specifically tailored for you and could potentially be harmful if given to someone else, even if you are suffering from the same symptoms the root is often different.