



RAW HERB COOKING INSTRUCTIONS

Dosage: 1/2 cup upon arising, 1/2 cup before bed OR 1x/day.

-Use a cooking container that isn't aluminum or cast iron. Stainless steel is fine

-Inspect the contents of your Herbs; take out any individually bagged herbs that require special cooking instructions. (some need cooked longer, others less)

*Measure out ~9 cups of cold water. (The goal is to have about 7 cups yield)

*Add herbs to cold water.

*Bring water to a boil, reduce to a low simmer, and COVER.

*Let herbs cook for the 40 minutes. (set a timer so you don't forget)

*Strain herbs and place into a large jar or any container that can hopefully hold all 7 cups. Sometimes I use 2 smaller jars. You can do a second rinse of the herbs in the strainer and squeeze the liquid out if you need more liquid to get your 7 cups.

*Keep your herbs in refrigerator. They can and will go bad if left out. They are to be taken within the week. Throw out any remaining after 10 days.

The first day take herbs with food to ease into it. After that try to take on an empty stomach for optimal absorption.

Gas or bloating is common when starting herbs. This should subside within a couple days. If it does not, please inform Dr. Roper so she can adjust your next batch. If you have a cold coming on please contact me to find out if your herbs are ok to take still. If you have any unwanted side effects please let Dr. Roper know so she can advise..
(Liz@getmedicinetree.com)

The herbs are medicine, they may not taste great but take comfort that instead of just treating symptoms we are actually correcting the body. This takes time and commitment but it is SO worth it. The therapeutic action starts with the taste! You can do this!!!

May it serve you well!