

Dear Client,

Taking Chinese herbs may not be as convenient as a pill and we appreciate the money and effort that you are giving to take this medicine. This customised herbal prescription is incredibly potent and good for you so please keep going despite the effort and the taste. You will feel the difference!

Wishing you the best of health!

Don Mei
Director



INSTRUCTIONS FOR MAKING HERBAL PRESCRIPTION

The easiest and most convenient way to brew our herbs is using our **ELECTRIC HERB BREWER**. This can be plugged into any socket and left alone to automatically make your drink. If you place the brewer close to an open window then you will not have the herbal aroma in the house. It is a worthwhile and affordable investment if you are taking raw herbs.

To make the herbs in your kitchen please use the following instructions:

One bag of herbs will make ONE day's dosage. You can prepare two bags at the same time and keep the second dosage in the fridge and heat (without boiling) before drinking.

Different herbs have different levels of absorbency so please use this as a guide but add more or less water according to your experience.

PLEASE STORE HERBS IN A COOL, DRY, DARK PLACE TO KEEP FRESH AND AVOID PESTS.



1.

Empty 1 or 2 bags of herbs into a large stainless steel pot.

2.

Add cold water until herbs are completely covered. This is usually 500ml - 750ml per bag. Leave to soak for a minimum of 30 minutes. If a lot of the water has been absorbed after 30 minutes then top up with more water until herbs are covered.



3.

Bring water to the boil then immediately turn down to the lowest heat and PARTIALLY cover with a lid. Simmer for 45 minutes.



4.

Strain liquid through a fine sieve into a jug. If you are preparing 2 bags, separate half the tea and refrigerate for the following day. You should have about 200-300ml of tea per bag of herbs. More or less will not change effect but means that you will have to drink too much or a very bitter brew so change the amount of cold water you use when preparing.

5.

Drink the tea while it is warm. It will not taste good. You can add some honey but we advise just trying to drink it quickly without tasting and finish with something to cleanse your palate (water; mint, piece of chocolate etc).