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## Directions for Preparing Herb Tea

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1. Inside each small bag is a one-day supply of your prescription formula. Every bag will contain a number of individual foil packets, each containing a different herb. You will combine all of these to create your complete formula.
2. Place one or two cups of water into a saucepan, and put it on the stove to bring it to a boil. While the water is coming to a boil, cut open all the individual foil packets inside the small bag and empty the contents into the water. As soon as the water comes to a boil, turn off the stove, stir the mixture of herbs, and let the tea sit for a couple of minutes so that the granules can dissolve completely.
3. Divide the liquid into two parts, and drink one cup two times daily. You will drink one cup in the morning and one cup in the afternoon or evening. (Some people divide it into three portions and drink one cup in the morning, afternoon, and evening, but drinking the tea twice per day is more convenient for most people.) Do not consume the entire amount in one sitting.
4. If the taste bothers you (it probably will), add more water to dilute the taste, or add less water so you can drink it faster. Do not add sweetener, other types of flavoring, or milk.
5. If you like, you can drink some water after your herbs to help get rid of the taste, or you can eat some fresh or dried fruit. After a short while, you will get used to the taste and it shouldn't bother you.
6. You can put the remaining tea in the refrigerator and warm it in a saucepan before drinking it. If you are going to drink the tea on the same day or take it to work with you, it is fine to just leave it in a cool place.
7. Do not drink the herbs with tea (black, green, or herb) or coffee. You can drink tea later in the day, just not at the same time as your herbs. Try to avoid drinking coffee.

Another simple way to make the tea is to empty all of the herb granules into a big mug and then add boiling water. Stir thoroughly until all the granules have dissolved completely. Once the tea has cooled you can divide the amount into two portions, drink the first portion in the morning and the second in the afternoon or evening.

The stove top method will dissolve the granules the best, and the water will boil in the time it takes to cut the packets open, so you don't necessarily save time using boiled water from a kettle, but if that's all you have, it is ok to use.

It doesn't matter how much water you add. Just divide whatever water you use into two or three portions (depending on how often you want to drink the tea). More water will mean that the taste isn't as strong, but you will have to drink more liquid. Less water will make the tea taste stronger, but you will have less liquid to drink. If the taste bothers you, it is generally better to chug the tea if you can rather than sip it.