

Oriental Therapy Center

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Direction for Herb Preparation & Usage

1. Pour one package of herbs in a container. Lightly rinse the herbs under water to remove debris and clean the surface.
2. Put rinsed herbs into a porcelain or stainless steel or glass pot and add in adequate amount of tap water (usually 3-5 cups or 1 inch above the herb level), allow it to soak for about 30 minutes.
3. Put the pot on the stove, turn on the stove to high and bring to a boil. Let it simmer for 30 minutes.
4. Drain out the liquid from the pot to another container and keep it.
5. Add 3 more cups of water into the pot and repeat the above procedure to bring it to a boil.
6. Drain out the liquid from the pot to the container where the first-time liquid is kept and mix them. (this mixture is known as herbal tea)
7. Drink the herbal tea twice a day morning and evening before meals.
8. Pre-decoction: it means that you should put the particular herb into the pot and boil separately for the time specified (minutes) before you put in the rest of the herbs from the same formula. Some herbs need to be pre-decocted in order to allow more active ingredients to dissolve. The herb for pre-decoction is always separately packaged and labeled.
9. Late-decoction: it means that you should add the stated herb into the pot after the first boil is done and 5 minutes before the second boil is ready.