

Chinese Herbal Medicine Tea

Cooking Instructions

Date: _____

Patient: _____

Chinese herbal medicine teas are customized for each individual and may change according to your presenting symptoms. Please prepare your tea by following the instructions indicated below.

Rx: Drink _____ doses, _____ times a day.

Note: *Always use a stainless steel or ceramic pot when preparing medicine teas. Never cook in an aluminum pot.*

STEP 1: PRE-COOK

You may be prescribed minerals or other ingredients that require prolonged cooking. If so, these ingredients are in a bag marked “Pre-Cook.” If you do not have minerals or other ingredients requiring prolonged cooking, please skip to Step 2, below.

Combine the contents of this bag with 2 cups of water in a non-aluminum pot. Bring to a boil, then cover and simmer for 45 minutes. Remove from heat; do not strain.

Use this liquid mixture as part of the liquid needed in Step 2, below. Make sure that you begin Step 2 with the specified amount of liquid; because some water evaporates during cooking in Step 1, you must add more water to the liquid mixture to achieve the amount of “soaking” liquid specified in Step 2.

STEP 2: SOAK

Place _____ cups of water (or liquid from Step 1, plus additional water, as needed) in a non-aluminum pot. Heat on high for 2 minutes, then turn off the heat. Add the contents of the largest bag of herbs to the pot and soak for _____ minutes.

STEP 3: COOK

Bring the mixture to a boil, *immediately* reduce heat, cover, and simmer for _____ minutes.

You may be prescribed additional herbs to add during Step 3. If you have a bag of herbs marked “Add,” add the contents of the bag to the pot during the last 10 minutes of simmering in Step 3.

If you have a bag of herbs marked “Steep,” add these ingredients when you are done simmering the mixture in Step 3. Turn off the heat, add the contents of the bag marked “Steep,” cover, and steep for 10 minutes.

If you do not have additional bags of herbs marked “Add” or “Steep,” proceed to Step 4 after simmering the liquid mixture.

STEP 4: STRAIN

Strain the liquid into a storage container. Reserve the herbs for Step 5, if indicated, or discard them. (They make great compost!)

STEP 5: SECOND COOK

Place the previously cooked herbs back in the pot, and add _____ cups of water. Bring the mixture to a boil once again, *immediately* reduce heat, cover, and simmer for _____ minutes.

STEP 6: STRAIN

Strain the liquid, and add it to the medicine tea previously reserved in the storage container. You may now discard (or compost) the herbs.

You may be prescribed additional ingredients that need to be dissolved in the hot medicine tea after you have strained it from the herbs. If so, these ingredients are in a bag marked “Dissolved.” Add them to your tea now. *Note:* These ingredients tend to settle and congeal when the tea is refrigerated. Warming will liquefy the tea again.

Divide the medicine tea into _____ equal portions, to be consumed _____ times a day over the course of _____ days. Always drink your medicine tea _____ meals.

ADDITIONAL NOTES:

- ☉ Store your herbal medicine tea in the refrigerator. Drink it at room temperature or slightly warm. If you warm your tea, avoid using a microwave oven, as it breaks down composition of tea. Be careful to heat moderately; do not boil.
- ☉ Shake or stir your tea before pouring each dose. Some combinations of herbs produce a slight sediment. This sediment is normal and should be suspended in the tea equally (by stirring or shaking) before you administer each dose.
- ☉ You may take a teaspoon of honey before drinking the tea or add honey directly to it to make it more palatable, but it is best to drink it as is. Some patients find that holding their breath while drinking through a straw helps. Chewing raisins after each dose is sometimes helpful as well.

If you have any problems understanding these directions, please contact the clinic at 303.859.3125.

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