

HOW TO DECOCT HERBS

Empty your bag of herbs into an appropriate sized saucepan.

Cover them with 2-3" of water. Steep for 15-20 minutes.

Bring the decoction to a boil, then lower the heat to a slow simmer for 30-40 minutes.

Strain off the liquid and save it. This is your tea. Discard the herbs.

Divide the tea into the number of portions you need and take one portion in the morning and one in the evening.

If you have a two-day packet, divide it into 4 portions; a three-day packet will have 6 portions.

The exact number of ounces in the portion is not important. This is as much like cooking as it is medicine, and you may have a little more or less tea each time you decoct your herbs.

Decoction Variations

Depending on what your herbalist suggests, there are some variations in decocting methods.

Instead of discarding your herbs after making the tea, you can save them for a second decoction. This time cover the herbs with water, bring to a boil, simmer 30 minutes. Strain the tea off and discard the herbs.

Combine the two teas. Divide into the number of portions you need.

You might make a week's worth at a time and refrigerate it to use daily through out the week. In this case, bring them up to room temperature or warmer. Please don't microwave your herbal tea. Microwaving changes the nature of food. Since this is a medicinal, you want to get the full value from it.

Instead of taking it in two portions, you can put the day's herbal decoction in a thermos and take it throughout the day.

Instead of taking the decoction straight up you can mix it with juice or add honey to it, or combine it with

the tea you usually enjoy.

For more information, see *How do I take my herbs?* in our herbal FAQ page on our website,

www.mysticriveracupuncture.com

Mystic River Acupuncture – 167 Broad St., Groton, CT 06340 – 860.448.6766