

PREPARING POWDERED HERBS

If you have been given a powder, this is your bulk herb formula ground up into a powder. Powdered herbs are easier to use when traveling or when you can't find the time to make decoction.

To cook powdered herbs place one tablespoon of herbs into a small saucepan. Add ½-1 cup of water, Bring to a boil and then simmer 5-10 minutes. Strain off the liquid and drink the tea. This is one dose of your tea. Do this in the morning and evening for 2 doses. You can either discard the cooked powder or eat it.

If you like a strong decoction, add less water. If you like a milder tasting, diluted decoction, then add more water.

Variations

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

You may mix the decoction with juice, or add honey. You can also mix it with the warm drink you normally have.

You can make the day's worth of herbs all at once. Just double the amount of herbs (2 tablespoons) and water (1-2 cups) and cook the same way. You can refrigerate the second dose and bring it up to room temperature or warmer when you are ready to take it.

Please don't microwave your herbs. Microwaving changes the nature of food. Since this is a medicinal, you want to get the full value from it.

Instead of taking the herbs all in doses, you can put them in a thermos and sip them throughout the day.

Another advantage of powder herbs is that instead of simmering them, you can put them in food. Cook

them into oatmeal or stir them into yogurt or applesauce. You can even use them in a smoothie.

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

www.mysticriveracupuncture.com

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