



AcuBalance

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Herb Cooking Instructions

Option 1: Using Your Own Cooking Equipment

- Get a large stew pot and fill with approximately 12 cups of water & herbs
- Bring water to a boil, cover, and then let simmer for 90min
- Monitor the water level so make sure it doesn't overflow or that you don't lose liquid.
- After 90min, strain fluid into desired containers (a 12 cup pitcher is usually best)
- Once jars/pitcher reach room temperature, place and store in fridge
- Drink about 8oz per day!

Option 1: Using Herb Cooker



Herb Cooker:

https://www.amazon.com/Sinn-Chinese-Herbal-Medicine-Stainless/dp/B01GW34ZOK/ref=sr_1_5?rps=1&ie=UTF8&qid=1519059900&sr=8-5&keywords=herb+cooker&refinements=p_85%3A2470955011

Hand Strainer:

https://www.amazon.com/OXO-Good-Grips-3-Inch-Strainer/dp/B001713L84/ref=sr_1_6?s=home-garden&ie=UTF8&qid=1519059939&sr=1-6&keywords=hand+strainer

- Pour herbs into herb cooker
- Fill with water about 2" below the brim
- Plug in and let cook **uncovered** for 90min, monitoring the water level for overflow. Placing a wooden spoon over the top should keep it from spilling over
- Unplug, and then using a hand strainer, pour liquid into desired container(s) and place into fridge.
- Drink 8oz per day

If you like, the herbs can re-used one additional time. The second batch is slightly weaker, but still helpful to extend the treatment