



AcuBalance

Acupuncture & Integrative Medicine



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Herb Cooking Instructions

Option 1: Using Your Own Equipment

- Get a large stew pot and fill with approximately 1 gallon 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.
- If you do start noticing the water level decrease, you can add more water
- After 90min, strain fluid into desired containers (use a hand strainer or colander)
 - Container Options: Large Pitcher, 3 Quart-Sized Mason Jars

Option 2: Using Herb Cooker

Herb Cooker:

[https://www.amazon.com/Sinn-Chinese-Herbal-Medicine-](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)

[Stainless/dp/B01GW34ZOK/ref=sr_1_5?rps=1&ie=UTF8&qid=1519059900&sr=8-](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)

[5&keywords=herb+cooker&refinements=p_85%3A2470955011](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)

- Pour herbs into herb cooker
- Fill with water about 2" below the brim
- Plug in and let cook for 90min uncovered. 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.

STORING & DRINKING

- Store herbs in fridge
- Drink 8oz per day
 - 4oz in the morning and 4oz in the evening
 - Sip slowly throughout the day
- Honey, black strap molasses, or extra water can be added to daily portion to relax the taste.