



Instructions for Preparing Chinese Herbal Decoctions

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- 1.) Prepare one bag at a time, and if there is a baggie inside of the bag remove it. If the baggie says “cook for an additional hour” follow the directions at the bottom of this page.

- 2.) Soak the contents of one bag of herbs in _____ (12) cups of spring or filtered water for one hour.

- 3.) Bring the herbs to a rolling boil with the lid on the pot; at which point reduce to simmer for one hour.

- 4.) If you have a baggie that says “add last 5-7 minutes of the simmer” add its contents to the simmering decoction at that point of the simmer.

- 5.) Allow tea to cool, and then strain out the herbs.

6.) Store brew in glass or earthenware and store in the refrigerator.

7.) Drink at room temperature; _____ (6) ounces, 3 times per day.

* If you do have a baggie to prepare for an additional hour, add the ingredient (s) along with 2 cups of water to a smaller pot, bring to a full boil, and then reduce to simmer for one hour.

At this point, add it to the large pot of herbs as they begin to boil at step 3.