

COOKING CHINESE HERBS

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1 Soak the herbs

- Empty the packet into your cooking pot
- Add 4 cups of water (covering the herbs)
- Soak for 20 minutes



2 Boil your herbs

- Bring the herbs to a boil, then reduce heat
- Simmer for 30 minutes, or until 1½ cups liquid remains
- Don't forget your simmering herbs - use a timer!
- Strain liquid into a container and set aside



3 Boil them again

- Add 3½ cups of boiling water to the herbs in the pot
- Simmer for 30 minutes, or until 1½ cups liquid remains
- Strain liquid into the container - there should be 3 cups



4 Drink your herbs

- Drink warm, twice a day, as prescribed
- Keep in the fridge for up to 5 days



Stop taking your herbs if you develop symptoms of a cold, flu, or any other acute illness not discussed during your consultation, resume once feeling better. If you begin taking new medication, or become pregnant, advise your practitioner, as herbs may need adjusting.


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