



In Good Health

Cooking Herbs

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Making a Decoction with Pre-Cooking and Post-Cooking

1. Place the herbs from the small clear bag labeled “pre-cooking” in a nonmetallic pot and add 2 cups of water. Cover the pot loosely.
2. Bring the water to a boil and then lower the heat to a slow simmer. Simmer the herbs for 20 minutes. This is called ‘pre-cooking’ and is used for heavy herbs such as shells.
3. Soak the rest of the herbs in approximately 2 _ -3 cups of water in a glass bowl while the ‘pre-cooking’ herbs are boiling.
4. When the ‘pre-cooking’ herbs are done, add the rest of the herbs and their water to the pot that contains the ‘pre-cooking’ herbs and simmer all the herbs together for _____ minutes.
5. Toward the end of the cooking, add the herbs from the small clear bag labeled “post-cooking” and cook for 5-10 more minutes, to release the aromatic oils. This is called ‘post-cooking’.
6. Strain the herbs into glass container and set the liquid aside.
7. Place all the herbs back in the pot and add _____ cups of water.
8. Bring the water to a boil and then simmer for _____ minutes.
9. Strain out the liquid and combine it with the liquid from step four. Discard the herbs.
10. Divide the liquid into _____ doses and drink one in the morning and one in the evening. Warm the herbs before drinking them. One cooking of herbs should provide _____ days of tea (each dose should be between _ and 1 cup).

Instructions for Drinking the Herbal Decoction

Drink 1/4 or 1/2 of the decoction about 30 minutes before or after breakfast and the remaining decoction about 30 minutes before or after dinner. Refrigerate herbs 1/4 1/2 of the day, and re-warm it in a non-metallic pot prior to taking it in the evening. It is best to drink the decoction when it is warm (DO NOT MICROWAVE).

If you have difficulty taking the decoction because of its taste, you can sip it slowly. Usually, you will acquire a tolerance for the herbs after a few days and the decoction will become more palatable.

Pointers: Watch over the pot, especially during the first 10 minutes of boiling to make sure that the liquid doesn't boil over.

Before boiling, you can push herbs down into the water with a wooden spoon (no metal).

If the herbs burn, you must discard the liquid and herbs that have been affected.

It takes about 1¹/₂ to 2 hours to cook 1 package of herbs.

To save time, you may boil 2 packs of herbs together and refrigerate the remaining herbal tea to drink later. However, the sooner you drink the tea after boiling it, the fresher it is.

Before using a Chinese earthenware pot for the first time, soak it in tap water for half an hour. To prevent earthenware pots from China from cracking use medium-high setting to boil.

For individuals who work, and do not have time to take the morning dose at home, bring that dose to work in a thermos.

Note: Do not add sugar or artificial sweeteners to the herbs. Do not drink any kind of beverage (including coffee, all types of teas, sodas), except water within 20 minutes after taking the herbs. This will allow time for the decoction to be properly absorbed into the system. If the taste of the herbs is bothersome, you can eat a few raisins after taking the tea to clear the palate.

Please call with any questions about the preparation of your herbs.