

HOW TO MAKE HERBAL TEA

Method #1(This method is the quickest and most convenient.)

- 1) Place the recommended amount of herbal powder into a teacup or mug.
- 2) Add any extra ingredients as recommended. For example: fresh grated ginger.
- 3) Bring water to a boil and pour into the cup with herbs. Use about 1 cup of water.
- 4) Let the tea steep for about 5 minutes.
- 5) Stir the tea and drink when it is cool enough to do so.
- 6) You may drink the settled powder at the bottom or leave it. The formula will be slightly stronger if you drink the powder.

Method #2(This method makes a more potent tea.)

- 1) Place the recommended amount of herbal powder into a small saucepan or pot.
- 2) Add any extra ingredients as recommended. For example: fresh grated ginger.
- 3) Add about 1 cup of water to the saucepan or pot.
- 4) Bring the water and herbs to a boil on the stovetop. Simmer for 3-5 minutes.
- 5) Pour the herbal tea into a teacup or mug.
- 6) Drink the tea when it is cool enough to do so.
- 7) You may drink the settled powder at the bottom or leave it. The formula will be slightly stronger if you drink the powder.

- Your powdered formula is a custom blend of herbal medicines. There may be from 1 to 15 ingredients in your particular formula. It is designed to balance your symptoms and your constitution.
- All of our herbs are tested for heavy metals, pesticides and contaminants. They are safe when used as directed.
- If you find the taste unpleasant you can sweeten the tea with honey unless directed otherwise.
- If the tea upsets your stomach try taking it with some simple food in your stomach (like toast) or drinking just the liquid and leaving the settled powder or reducing the amount of powder you use per cup.
- If you notice any unusual side effects not mentioned by your herbalist please call us and let us know. When in doubt reduce the amount of powder you are using or discontinue the tea.
- Avoid microwaving the tea whenever possible.
- You can use Method #2 to make a full days worth of tea to go if desired. Use the recommended spoonfuls for a full day. Add 3 cups of water and follow the directions above. Pour the herbal tea into a thermos or other storage container.