

DECOCTING HERBS IN PICTURES



1. Soak one bag of herbs in cold water for 20 minutes. Water should be 1-2" above the herbs.



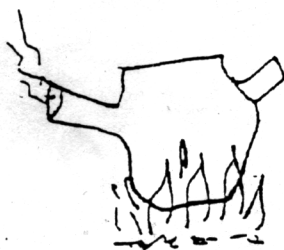
2. After soaking, boil the herbs in the water used for soaking for 15-20 minutes.



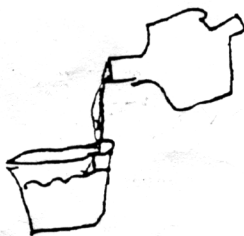
3. After boiling for 15-20 minutes, pour all of the liquid into a container.



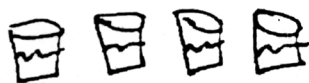
4. Add the same amount of water as used originally for soaking to the herbs in the pot.



5. Boil again for 15-20 minutes.



6. After boiling the second time for 15-20 minutes add this second decoction to the first.



7. Divide equally into four portions. Drink one each morning and one each evening.

1 bag = 2 days worth