



How to Cook Your Herbs

by Donna Lynne Strong Brott LAc OM

Look for possible envelopes of herbs to be added last,
cooked separately or cooked ahead.

Set aside to be added last.

Cook any ahead as instructed.

Place the herbal formula in a pan with a tight lid.

Add any herbs cooked ahead, if any.

(Glass, ceramic such as slow/rice cooker or enamel preferred)

Cover herbs by several inches with water. (Filtered preferred)

Bring to a boil.

Lower heat and transfer to another electric burner on low. Cover.

Simmer 30 minutes.

Remove from heat.

Add herbs to be added last, if any. Steep 5 mins if herbs were added.

Carefully and fully drain and collect the liquid herbal decoction.

Drain any herbs cooked separately combining all.

Divide into daily doses depending on number of doses provided.

Take each daily does over the course of the day. (3 parts preferred)

Water or other liquid may be added to dilute a strong flavored decoction.

Icing, refrigerating or warming to enhance the experience of drinking
your decoction is fine.

Keep in mind, this is a medicinal decoction, more powerful than a food.

Many foods can support your health, as well as avoiding others,
ask for more information if this sounds palatable to you.