



How to Cook Herbs in a Pressure Cooker

You have the option to cook your herbs in a large stove top pressure cooker or electric pressure cooker.

Equipment you need:

- Electric multi-cooker (make sure the pressure cooker is stainless steel NOT aluminum)
- Glass bottles to store your cooked herbs in
- Wire-mesh strainer
- A wooden spoon

Herbs: Each bag contains **7 days-worth of herbs**. You might also find herbs in separate little bags of herbs marked with the following labels:

- Cook for one hour before adding other herbs.**
 - They need to cook longer to get the more of the medicines out of the herbs.
- Add the last 5 minutes of cooking**
 - These herbs are more delicate and should only be cooked for a short time.
- Melt into the strained decoction**
 - After you've cooked and strained the herbs, you will mix this into your tea until it is melted.

Cooking:

- If herbs are given in a tea bag, you can keep the herbs inside the tea bags.
- Add enough water so that it's above the herbs by ½ inch. Hold the filter bag down and measure ½ inch above that.
- Soak the big herb bag for at least 30 minutes before cooking them. This will help extract the active ingredients of the herbs. If the water got absorbed into the herbs while soaking, add more water as needed.
- **If using an electric pressure cooker:** Set the pressure cooker to "Soup" setting and program it for 25 minutes. Once the cooking is complete, use the natural release setting.
- **Special Notes:**
 - **If you were given a separate bag labeled "cook for one hour first"** you need to cook this bag first for 60 minutes in the pressure cooker, then you will add the big filter bag and cook as described above.
 - **If you were given a separate bag labeled "cook last 5 minutes"** you can add that in the beginning together with the big filter bag when you use this method.
 - **If you were given a bag labeled "melt into the strained decoction"** you will add this after cooking the other bags. Mix into the strained tea.
- Strain the decoction into glass jars.
- Store herbs in the refrigerator until ready to drink.



Dosage:

The tea you just cooked will be divided into 14 portions.
You will drink this over the course of seven days.

Note: You should yield about 8-10 cups of liquid, and the tea should last you at least 8 days.

How to drink the tea:

- Drink the tea warm or at room temperature, not cold. Use the stovetop to re-heat the tea, do not use the microwave.
- Drink one portion of tea in the morning and one portion in the late afternoon.
 - If possible, take the herbs on an empty stomach (1/2 hour before meals, or 2 hours after meals). If you have stomach issues after taking the herbs (like gas or change in bowel movements), try taking the herbs on a full stomach (during or directly after a meal).
 - Drink the tea separate from any other medication or supplements, at least 1-2 hours apart.
- Please make sure to inform your practitioner about any response you have with the herbs. Your practitioner will modify your formula based on your response.
- If you have any questions please email me at melissa@littlesage.com or call us at 562-310-1948.