



Cooking Instructions for Raw Herbs

Cook your herbs in a clay, enamel, glass, or stainless-steel pot. Don't use any other metal pot because it can affect the quality of the herbs.

Each bag contains 7 days worth of herbs. You will cook each bag of herbs twice. You might also find herbs in separate little bags of herbs marked with the following labels:

- Cook for 30 minutes before adding other herbs.**
 - They need to cook longer to get 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.

HOW TO COOK YOUR HERBS:

1. If your herbs come in tea bags, you can keep the herbs inside the tea bags. Place the herbs in the pot and add enough water to cover the herbs by about one-half inch. Put the lid on top of the pot and let the herbs soak for 30 minutes. This will help extract the active ingredients of the herbs.
2. **FIRST COOKING:** Put lid on top of the pot and bring the pot of herbs to a boil. Lower the heat and simmer for approximately 45 minutes until it cooks down to approximately half of the liquid.
 - If you were given a separate bag labeled "cook for 30 mins first"** you need to cook this bag first for 30 minutes, then you will add the big filter bag and cook as described above.
3. After cooking, strain the liquid out into a ceramic, glass or stainless-steel container. Set aside this cooked tea. Cook the herbs a second time (see below).
4. **SECOND COOKING:** Immediately after the first cook, put the herbs back into the pot and cook them again. This time only add enough water to just cover the herbs (not above them). Bring to a boil and repeat cooking procedure, but simmer only for 30 minutes.
 - If you were given a separate bag labeled "cook last 5 minutes"** add this in the last 5 minutes of cooking the herbs.
 - 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.
5. Strain out the liquid. Then combine this second tea with the first batch of tea you cooked.
6. The tea you just cooked will be divided in 14 **portions**. You will drink this over the course of **7 days**.
7. Cool the tea and store in the refrigerator. Mason jars (Quart size) are a good option to store your tea.



HOW TO DRINK THE TEA:

8. Drink the tea warm or at room temperature, not cold. Use the stovetop to reheat the tea, do not use the microwave.
9. Drink one portion of tea in the morning and one portion in the late afternoon.
10. 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).
11. Drink the tea separate from any other medication or supplements, at least 1-2 hours apart.

Please see our Frequently Asked Questions about how to cook your herbs:
<https://www.littlesage.com/faq-herbs/>

If you have any questions about how to cook your herbs, please email us at **info@littlesage.com** or call us at 562-310-1948.

If you have any questions your herbal formula or dosage, please contact your practitioner.