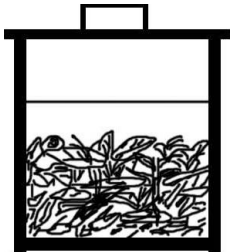


Herbal Tea Preparation Instruction

1. Empty 1 entire herb package into a stainless-steel pot. Ideal size of the pot is 8 inches tall by 9 inches wide in diameter. It can be slightly bigger or smaller. Add 3/4 to one gallon of water (about 12-14 cups). While pushing down the herbs, water should cover the herbs by 2 inches.

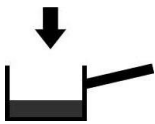


Cook the tea down to 2 cups (160z)

2. On high heat, bring to a boil (10-15 minutes), then cook the herbs for 10 minutes, uncovered. Stir well since herbs tend to float to the top at the beginning of the cooking.

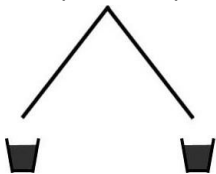
3. Turn heat down to medium-low/medium, place the lid on pot, and let it simmer for 2 hours (**make sure to set a timer for 2 hours**). If it appears to be cooking too fast, add some water, and turn the heat down. Avoid burning the herbs. Stir a few times during the cooking process.

Pour it into small pot



4. After the 2 hours, you will need to strain the herbs. Slide the lid over slightly and strain the tea into a smaller pot while holding the lid tightly to prevent the herbs from falling out. If you have a small strainer, this can be used to catch the herbs that might fall out of the pot while pouring. If there are more than 2 cups of tea, pour it back in the larger pot, on medium heat, and cook it down until tea is 2 cups. If there is not enough tea to make 2 cups, pour it back into the larger pot along with an additional 4 cups of water. Cook for another 15 minutes on high until the tea is down to 2 cups. Use a thick towel to protect your hands from the steam since the herbs are hot.

Strain the tea into 2 separate cups



5. Separate the tea into 2 separate cups and keep them in the refrigerator. This completes the process of the First Cooking.

6. For 2nd cooking, simply add 3/4 of water (12 cups, second cooking will need less water) and follow Steps 1-5. You are going to end up with 4 cups of tea total (2 cups from 1st cooking and 2 cups from 2nd cooking).

Additional Instructions:

Cook one package of herbs Once Twice Three times

Drink one cup of tea a night, 2 - 3 hours after dinner. Warm up the tea on the stove in a small sauce pan before drinking.

Special Instructions:
