

Portland Acupuncture & Herbal Medicine Herb Preparation Instructions

Bulk herbal decoctions:

Materials needed: large stainless steel or ceramic pot, small steel or ceramic pot, steel strainer, glass bowl or another pot, 2-3 1-quart glass jars, steel utensil, coffee mug

Decoction directions: Set aside all herbs except for the bag labeled “pre-boil” or “short-boil.” Soak the remaining herbs in 4 cups of water for at least one hour (or several hours, even overnight).

When you are ready to start decocting, add the “pre-boil” bag contents to a steel or ceramic pot with ~1-2 cups of water. Bring to boil and immediately lower heat to simmer for 30 minutes with lid on.

Then, add the pre-boiled decoction, including your “pre-boil” bag, to the larger pot with the rest of your herbs that have been soaking. Bring to a boil and immediately lower the heat to simmer for 40 minutes with lid on. (If you have a “short-boil” bag, empty them into the pot when the timer hits 35 minutes, boil for 5 more minutes with the rest of your herbs.)

Allow to cool with lid slightly tilted to release steam.

Strain the bulk herbs from the decoction using the stainless steel strainer and glass bowl (or extra pot). Press the herbs with coffee mug to squeeze out all the extra liquid.

Put used herbs back into large pot with 1-2 cups of water. Repeat decoct, bringing to a boil and then simmering for about 30 minutes (can do 40 minutes). Repeat strain, adding to original liquid.

Set herbs aside for compost.

Allow liquid decoction to cool. Set glass jars nearby with metal utensil ready and waiting in one of the jars. When the liquid is slightly cooler, pour into glass jar with metal utensil; the metal will absorb excess heat, preventing your jars from cracking.

Your decocted liquid equals four servings. Ideally this would fill two 1-quart jars, but you may have more liquid. The best you can, mentally divide the liquid into 4 servings, and set in the refrigerator.

Consume 2x/day, warm as a tea with your meal.

Granule herbal directions:

Materials needed: coffee mug, warm water, teaspoon scoop

Granule directions: Stir one level teaspoon scoop of your granules into ½ - 1 cup warm water. Drink as a tea with your meal twice/day.