Boiling a First Time
Place one entire bag of herbs into a glass or clay tea pot. Add 3 cups of water. Begin with a low heat and simmer the herbs until 1 cup of liquid remains. The liquid remaining equals 1 dosage of tea. Strain tea and set aside herbs. Drink tea while they are warm and your stomach is not so full. You may drink half now and half later.

Second Herb Boil
Use the leftover herbs from first boil. Add 2 1/2 cups of water. Simmer as before until 3/4 cups of liquid remain. Strain tea and take either same day or next day. Afterwards, compost the herbs and proceed to the next package according to recommendations.

Additional Indications
The normal indications call for one or two dosages a day. In severe cases, such as flu or diarrhea, it is recommended you take 3 dosages/day. Give yourself at least 2 to 3 hours before and after taking any Western medications or vitamins. If you find the tea too bitter, try adding a little honey or eating raisins immediately after drinking. You may refrigerate leftover tea and reheat when ready to drink again. Follow these procedures for each subsequent package of herbs.