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HOW TO BOIL HERBS

1. Place herbs into an herb, ceramic, or a glass pot that can be heated on the stove. DO NOT use a metal pot. Cover the herbs with $\frac{1}{4}$ or $\frac{1}{2}$ inch of water.
2. Soak the herbs for 15-20 minutes and then begin to heat the herbs.
3. Bring the herbs to a boil, then reduce heat and simmer for 30-40 minutes. After simmering the herbs, add _____ into the herbs and boil down the tea until 1-2 cups are left.
4. Drain the tea into a container, using a strainer if needed. Keep the herbs in the pot for the second boil.
5. Add just enough water into the pot to cover the herbs.
6. Bring herbs to a boil and simmer for 20-40 minutes. After simmering boil on high for 10 minutes until 1 -1 $\frac{1}{2}$ cups of tea are left.
7. Drain the tea into the same container used in Step 4, mixing together both batches. Discard the boiled herbs.
8. Separate into 2-4 servings. Drink the herbal tea twice daily.

Note:

- Drink the herbal tea after meals or with food. Avoid drinking on an empty stomach.
- Servings should be consumed at least 6 hours apart.
- Herbal tea can be stored at room temperature. Keep refrigerated during hot weather.
- Heat tea before drinking. Cold tea can cause gas.