

Herbplus+

As nature intended

PREPARATION OF DRY HERBS

1. Empty one packet of herbs into a deep pan. Add cold water, enough to just cover the herbs.
2. Heat the pan. Once the water starts to boil reduce the heat and simmer for 15 to 20 minutes.
3. Strain out the liquid into a mug. The herbs should remain in the pan.
4. Allow the liquid in the mug to cool until it is comfortable to drink but still warm. This may take 5 to 10 minutes.
5. Drink all the liquid in the mug.
6. Add cold water again to the pan and leave the herbs to soak until the next occasion.
7. One packet of herbs usually provides 2 portions of herb liquid.
8. On the second occasion repeat steps 2 to 5. Following this the herbs should be disposed of.
9. Drink the herb liquid twice a day, morning and evening, half an hour after a meal.