

Instruction for making the herbal tea

- One package of the herbs serves for two days. If you receive 4 packages, it means that you have 8 days supply.
- Generally, drink 1 cup of the prepared tea once a day, 20-30 minutes after dinner. If it is too hard to drink the tea all at once, you can take the half after dinner and the rest after breakfast or lunch. Do not drink the tea on the empty stomach. Drink warm.

[Day 1]

1. Place the entire herbs contained in a package into a pan. If the package contains a bag of white cloths, don't open the bag, but simply put it in the pan together with the rest of the herbs and cook all together. If there is a separate paper bag stating "dissolve into the tea", then add the powder to the cooked tea at the end. The pans ideal for cooking the herbal tea are made of glass, ceramic and stainless. Please avoid a pan made of aluminum. You need a cover for the pan that closes tightly.
2. Add 4 cups of the water into the pan.
3. Tightly close the cover and start cooking with the medium-high heat. As soon as it starts boiling, reduce the heat to medium-low to cook slowly. It is important that the herbs are cooking slowly with the steam. Do not leave the cover open.
4. Continue cooking until it is reduced to approximately 1 cup. The cooking time varies, depending on the content of the herbs as well as the size and material of the pan, but it usually takes 40-50 minutes. Use a timer if available. Note: Do not burn the herbs. If burnt, you must discard the herbs and you cannot drink the tea.
5. Once it is reduced to approximately 1 cup, stop cooking and serve the tea by using a strainer.
6. Save the leftover herbs for the next day.

[Day 2]

1. Add 3 cups of water to the leftover herbs in the pan.
2. Follow the same instruction as the above to reduce to 1 cup of tea. It usually takes approximately 30-40 minutes.
3. After you make the tea for the second day, discard the herbs.

[Day 3 and onwards]

Use the second package and follow the instruction above.