**Tonifying Method**:

Certain herbs need to be either pre-cooked or added near the end of the decoction. These herbs are labeled with instructions in a separate bag. White tea bags go into the water.

You can use a ceramic herb pot or a regular stainless steel saucepan.

1. **Add 4 cups of water to 1 pack of herbs (or enough to have at least 1” of water above herbs)**
2. **Soak for 30 minutes**
3. **Bring to a boil for 2 minutes and cover with the lid slightly ajar**
4. **Lower heat and simmer for 45-60 minutes. During this cooking, this is when**
5. **you combine the herbs that are to be added at the end**
6. **Strain out liquid and set aside**
7. **Return the already wet herbs to pot, add 2 more cups of water and bring to a boil**
8. **Lower heat and simmer for 30-45 minutes**
9. **Strain out liquid, and combine with reserved liquid from first cooking (discard or compost the herbs)**
10. **Divide combined liquid into four parts**
11. **Take one part in the morning, one part in the evening, or as directed**

Note: Let it cool off so it’s not boiling hot in order to strain into a glass container and store in refrigerator. It’s best to drink the herbal liquid warm; however, it’s ok to drink it at room temperature. Do not use a microwave.