

Life Balance Acupuncture Clinic

Acupuncture, Herbal Medicine, Shiatsu

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Directions for Herbal Soak

Take the herbal package and soak the herbs except those which are to add after the cooking in 6 quarts of tap water for 40 minutes.

Then cook the herbs in the same water for approximately 40 minutes. Bring the water to a boil and then reduce the heat so that the herb decoction is simmering. After the cooking you should have about 4 quarts left. Add the herbs that weren't cooked.

Drain the fluids but keep the dregs. You can use them for another boil. Store them in a container in the fridge.

Prepare your foot bath. Add the decoction to it. Take some of the water for a small bowl for your hand.

Soak your hand or foot for 20 to 30 minutes.

Keep the water and store it in a pot. You can put the pot on the porch or some other place. It does not have to be stored in the fridge.

You can heat up the water for another two times for two soaks.

After three soaks you can cook the dregs from the fridge again in 4 Quarts. Simmer the herbs for 40 minutes again so that you have two to three quarts left.

Drain the dregs again, save them. Store them in the fridge.

You can use the herbal decoction for two soaks.

You can cook the dregs a third time and use the herbal decoction for another treatment.

You should have 6 treatments altogether.