

## **Life Balance Acupuncture Clinic**

Acupuncture, Herbal Medicine, Shiatsu

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### **How to prepare an Herbal Decoction**

#### **Soak the Herbs**

Place the herbs plus the teabag in 2 quarts of water. The water should cover the herbs by about an inch and a half. Allow the herbs to soak for 30 minutes. This will facilitate the extraction of the active ingredients during the process of decoction.

#### **Boil and Simmer**

Now bring the water to a rolling boil. Then, turn down the heat to a low simmer and cover. Do not lift the lid to look at the herbs too often as this will diminish the "flavor" and allow the volatile oils to evaporate out of the decoction very easily.

Cook herbs until two cups (about 400ml) of liquid remains. This usually takes 20-30 minutes.

Add herbs in the plastic bag labeled with short boil 5 to 10 minutes before the decoction is done. If you have powder set aside, add it at the end to dissolve in the hot liquid.

**Strain the decoction. Keep the dregs and refrigerate them. You can use them for a second boil.**

**Prepare warm/hot water for the hand bath.**

**Pour the strained decoction into the water and soak your hand for 20 minutes. It is favorable to start with fairly hot water so it is not too cold at the end.**

**You can use the same water at least a second time. Keep it in a container or pot. You don't have to refrigerate it.**

**Cook the Same Herbs a Second Time**

The most common and cost effective method of brewing a decoction is to decoct the ingredients twice. Both times the herbs are boiled down until two cups (about 400ml) of liquid remains. After the second cooking, discard the herbs.