

Life Balance Acupuncture Clinic

Acupuncture, Herbal Medicine, Shiatsu

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How to Take an Herbal Granule Formula

You find the package with the herb granules and a plastic spoon.

Please start with 1.5 level spoons of granules. Dissolve the granules with liquids of any kind except whiskey ;-). Drink the liquid before your meals. Should you develop indigestion, heavy sensation in the stomach, nausea, diarrhea or constipation etc., take the liquid after a meal and start with 1 level spoon. Sometimes the organism has to get used to Chinese herbs.

1.5 level spoons before a meal twice a day in the am and pm.

Increase the dosage slowly. Second day take 2 level spoons. Third day take 3 level spoons etc

The final dosage is 4-5 leveled spoons twice a day in the am and pm.

This batch should suffice for 3 weeks.