

RAW HERB COOKING INSTRUCTIONS

Use either a glass, pottery, enamel or stainless cooking pot, no aluminum or cast iron.

Inspect the contents of your Herbs; take out any individually bagged herbs which require special cooking instructions. The special cooking instructions will be written on each small bag. See “Special Cooking Instructions” below for more complete details on how and when to cook these herbs.

Your pot should be covered w/ a lid at all times during cooking.

If you have any herbs that need to be “Cook First” then place them in the pot and add about five cups of water, bring to a boil and reduce heat to a simmer and continue to cook for 45-60 minutes. After they have cooked then add the rest of your herbs into this decoction, setting aside any other herb packets that are to be added in later.

Now you are starting your “First Cook”. When you start this “First Cook” make sure you have enough water in the pot to cover your herbs plus one inch over the top. Bring to a boil and reduce heat to a simmer and allow too cook covered for 45 minutes.

Many herbs are added towards the end of this first cooking cycle. If you have any then it will say on the bag “Add at last 5, 10 or 15 minutes of first cook”. (5, 10 or 15 minutes depends on the individual herb and the desired affect of that herb.) So if you have a bag that says “Add at last 15’ of first cook” then you will cook your herbs for 30 minutes before adding this single herb and continue cooking for the remaining 15 minutes, thus your total cooking time is still 45 minutes. Use a timer.

When the “First Cook” is complete strain off the liquid into a large bowl (a pasta strainer works good), set this liquid aside and return all herbs back into the pot and add more water to the pot. Add enough water so that the level is about one half inch above the level of the herbs. Bring to a boil and reduce heat to a simmer and allow herbs to cook for 45 minutes. This is the “Second Cook”. No single herbs are added during the second cook.

Inspect your herbs occasionally while cooking and add more water if needed. Do not over cook or let the water level drop below the herbs.

When finished with the “Second Cook” strain off this liquid adding it to your first liquid. The two combined liquids make up your “Formula”. You want to end up with seven cups total. If you end up with less then add water as needed to get your seven cups. Seven cups is a one week supply, one cup per day, half cup in AM and half cup in PM. If you end up with more then 7 cups you may want to add more water so that the math is

simpler. Example; say you end up with 8 cups instead of 7. If you add $\frac{3}{4}$ of a cup of water then the total is 8 and $\frac{3}{4}$ cups. Divided by 7 days = $1\frac{1}{4}$ cups per day = two doses of $\frac{5}{8}$ of a cup per dose. Or what ever works for you. Bottom line is what you cook is one weeks worth, divided by seven days gives you your daily dose.

TAKE YOUR FORMULA ON AN EMPTY STOMACH. This means take each dose up to $\frac{1}{2}$ hour before a meal or wait till 2 hours after a meal. Do not consume anything for at least $\frac{1}{2}$ hour after taking your formula. Your formula is sending a very specific energetic message to your body/mind/spirit, if you mix it with other food or drink the message gets clouded or altered. This is sacred medicine treat it with respect and open to receive the message it is sending.

TAKE YOUR FORMULA TWICE A DAY.

IF YOU HAVE ANY NEGATIVE REACTIONS TO YOUR FORMULA THEN STOP TAKING IT AND CONTACT ME AS SOON AS POSSIBLE. It may take several attempts to work out the kinks and craft a formula that resonates with your uniqueness. Be patient, pay attention and be prepared to report back to me what is better, not changed or made worse in your body/mind/spirit.

Keep your formula refrigerated or it will spoil. It is recommended that you warm each dose with a little hot water. Do not microwave.

May it serve you well.

Dan Howard

401-935-7221

401-667-0495