

How to Take Your Powdered Herbs

1. You should receive a **scooper** to measure out your herbs and your package should be labeled with the dosage (for example “4 scoops, 3 times per day”). If you didn’t receive or you lose the scooper, you can use a kitchen ½ tsp. instead.
2. Usually herbs are taken **between meals** for maximum assimilation. Don’t take them within 2 hours of vitamins or pharmaceutical medications (they can interact). Don’t take them with juice (citrus may inactivate parts of the herbs)
3. Start **heating** a cup of water. Meanwhile, **measure** level scoops of the herbs into the bottom of another coffee cup.
4. **Add just enough water** (lukewarm is ok for this step) to make a paste from the herbs. Use a spoon and add a teaspoon at a time. Stir out all the clumps to a uniform consistency.
5. **Add enough hot water to dilute the paste** to your taste. More water will taste weaker, but less water may be easier and quicker to swallow. You may add honey or maple, rice or barley syrup for a better taste.
6. **Drink the entire dose at one time** . You may need to re-stir it before the last gulp. If any herb residue sticks to the cup, then add a litte extra water to finish drinking it.

Alternative: Take a large spoon of applesauce, yogurt or pudding. Hollow out an area in the center of the spoonful. Put the herbs into the hollow, then cover with the pudding or sauce, swallow spoonful to mask the flavor. For bigger doses, you may need 2 spoonfuls.

Note: It is very important to take the correct dosage. Decreasing or skipping doses may prevent healing. And before increasing the dosage, please consult your practitioner first.