

## Preparation of Herbal Tea

By Dr. Ming Wu

1. Briefly rinse the herbs with water.
2. Mix one package of herbs together with 2 cups of water in a partially covered, non-metal pot (stainless pot is ok. DO NOT use aluminum, iron, or copper pot).
3. Soak for 15min, then bring to boil with high heat.
4. Reduce heat to medium-low and continue cooking until liquid is reduced to one-half. This should take about 30-40 minutes, so adjust the flame and/or the cover accordingly.
5. Strain off and save the tea in a large jar (heat-resistant glass/ceramic container).
6. Repeat the above process using the same batch of herbs (no need to soak 15 minutes again. Just add the water and cook another 30-40 minutes).
7. Strain off and combine the liquid together.
8. Drink one cup in the morning and one cup in the evening. The tea should last one day. It should be taken anytime when you have stomach flu symptoms.

- Keep the tea refrigerated, and warm up before drinking.
- If you have a large amount of herbs, use up to 6 cups of water – herbs should be submerged in water when you begin cooking.
- If you experience any adverse symptoms, please stop taking the herbs and contact your practitioner.

Dr. Ming Wu  
Wu Healing Center  
45 South Main Street, Suite 100  
West Hartford, CT 06107  
Phone: 978-790-8888  
[www.wuhealing.com](http://www.wuhealing.com)