



INSTRUCTIONS FOR

Cooking Your Herbal Formula

WITH DR. JANICE CAMPBELL



Tools You Will Need



Large Cook Pot with A Lid

Stainless steel, Glass, or Ceramic



2 - 4 Big Mason Jars

1 packet of herbs = 2 jars = 2 days

2 packets = 4 jars = 4 days worth



A Large Pitcher or Another Pot

This is for pouring off & mixing the **hot liquid** from the decoction.



Additional Supplies

A canning funnel and jar tongs may also come in handy. Not required.



This is what part of my home herb shelf looks like. These herbs are specifically for home use by my family. My son has grown up expecting a decoction of herbs rather than a pill when he's not feeling well.

These are NOT where your herbs will come from.

Your Raw Herbs Will Arrive Like This:

Individually packaged in 2-day doses.



I order all herbs – raw, granules, & patent pills – through KAMWO Meridian Herbs pharmacy in NYC, which provides high quality medicinal herbs to thousands of practitioners across the U.S.



Known for working with very reputable growers & having very rigorous standards regarding contaminants & quality control, these are the same suppliers I use for my family & myself.



Inside Each Pouch...

...will be a selection of loose herbs.
If you also find an additional teabag or pouch,
other instructions will be provided for those.

You may also find an additional packet rubber-banded to each main herb packet. These herbs may require separate cooking or may need to be added later in the cooking process. Further instructions will be given as needed.

Take a moment to open the larger packet with the images on it. Inside you will find your herbs. Get to know them. These are your friends that will help you remember your true nature and how to heal.



You may cook up to 2 packets (4 days worth) at a time.



Soaking the Herbs

Pour the herbs from 1 or 2 packets (2-4 days worth) into a good sized stainless steel, glass, or ceramic cook pot that has a lid.

Do not use cast iron or non-stick as these will negatively affect the herbs.

Cover the herbs with:

- 10 cups of water for 2 packets or
- 6 cups of water for 1 packet

Soak with the lid on for 20 minutes or more.



Time to Cook Your Herbs



Bring The Pot to A Rolling Boil

Then turn it down to a simmer.



Set the Timer for 40 minutes

If a different time is needed, additional information will be provided.



Cock the Lid Slightly

This will stop it from boiling over, while keeping all the good stuff in the pot.



DO NOT FORGET TO MONITOR THE TIMER!!

You think your herbs smell weird now?

You ***really*** don't want to know how your house will smell if you burn them!

While the Main Herbs Are Cooking:

Open any additional packets & set them aside.
They will be marked with special instructions like,
“add in last _____ minutes”.



These are usually special herbs such as delicate flowers, mints, or citrus peels
- or extra powerful herbs that have strong properties & require extra cooking.

After All Herbs Have Cooked...



Add any additional herbs to the pot, as instructed, and let them simmer for the allotted time.

While those are cooking, set up your strainer & pitcher.





When The Timer Goes Off Again...

Let the decoction cool for a bit before straining it into a large pitcher, dumping any escaping herbs back into the cook pot.

Then Repeat the Initial Cooking Process

with these minor changes



Add Water to Cover the Herbs
& Bring the Pot to A Rolling Boil

(That's about 5 cups of water.)

Then turn it down to a simmer.



Set the Timer for ~~40~~ 20 minutes



Don't Cock the Lid

Make sure it's on tight. This cook is to get the last bit of goodness out of the herbs.



DO NOT FORGET
TO MONITOR THE TIMER this time either!!

Take my word for it - burning herbs are **no fun**.

ONLY 20 minutes this time!!

When The Timer Goes Off...



Strain off the decoction into the pitcher to mix with the previous batch.



Transfer the mixture into the 2(or 4) jars. *Ta-Da!*
You've made yourself a wonderful healing potion.

Each Jar = 1 day's worth of formula. Drink room temperature or warm, as instructed by Dr. Janice.

(1 packet = 2 jars = 2 days; Never cook more than 2 packets at a time.)



➔ *REMEMBER: This is more like cooking than it is like chemistry. Don't stress out about exact amounts of liquid.*

Reach Out With Any Questions

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