



FEIFEI LIU
TRADITIONAL
CHINESE MEDICINE

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30 minute soak & 30 minute cook tea

Important: Do not boil longer than 30 minutes and cook daily

Avoid seafood until condition is gone

1. Place large bag of herbs into the stainless steel pot along with 6 cups water
2. Let the herbs soak in water for 30 minutes.
3. Without draining, turn on the stove to medium-high to start heating tea
4. From the moment it starts to boil, set timer for 30 minutes. Boil uncovered
5. Afterwards, strain the tea and regardless of quantity remaining, split it into the necessary doses depending on your formula.



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