

## *Herb Instructions*

*We use only quality-controlled, high grade products that are very safe. They produce a regulatory effect on the body that is time tested and gentle. Additionally, we have personally tailored your formula to address your individual needs.*

**Check with your practitioner to see if there are specific instructions which pertain to your formula.**

- Kamwo Herb Company with contact you to confirm receipt of your herbal prescription.
- Your herbal formula comes in several vacuum sealed packages. Take \_\_\_\_\_ pack(s) per day divided into 2 equal doses.
- Drink herbs warm (at least room temperature). Herbs can be warmed by adding a small amount of hot water, or running the unopened pack under hot water.
- Drink herbs approximately 1/2 hour before and 1 hour after meals unless otherwise instructed.
- Refrigerate any open herb packs over night.
- Take herbal formula for six days consecutively and take every seventh day off.
- Do NOT do any of the following within 2 -3 hours of taking your herbs, or it may upset your stomach:
  - Eat greasy or deep-fried foods (stir-fry is OK).
  - Eat shellfish (examples are: clams, oysters, shrimp, and lobster). Regular fish is OK.
  - Drink alcohol (one glass of wine or beer is OK).
- If you associate any side effects with your formula, such as digestive upset or headache, discontinue use and contact your practitioner.
- If any acute change in your health occurs, such as catching a cold/flu, discontinue use and contact your practitioner so that your herbal formula can be updated to address your current health situation.
- Over The Counter pharmaceuticals should be taken at least 2 hours away from your herbs. Inform your practitioner before starting or changing any medications.
- Your decoction may not be tasty. Do not, however, try to sweeten it with sugar, honey, etc. This could change the properties of your herbal formula. Instead, if you are having difficulty, we recommend biting a lime wedge before and/or after you drink – or eating 3 or 4 raisins after drinking –this will cleanse the palate. It may also be helpful to dilute the herbs with more water or drink them through a straw.

*If you have any questions, contact your practitioner.*