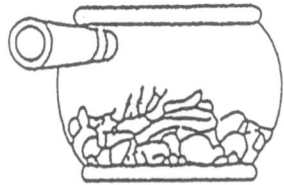
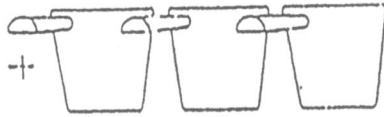


PREPARING ONE PACKAGE OF HERBS

COVER THE POT



PLACE ONE PACKAGE OF HERBS
IN A STAINLESS STEEL OR
CORNING WARE POT (NOT ALUMINUM)



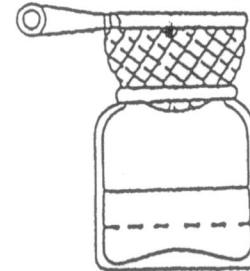
ADD 3 CUPS OF WATER



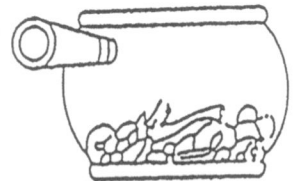
BRING TO BOIL



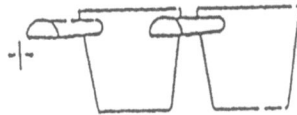
BOIL DOWN TO 2 CUPS



STRAIN LIQUID INTO JAR



TO THE SAME POT OF HERBS



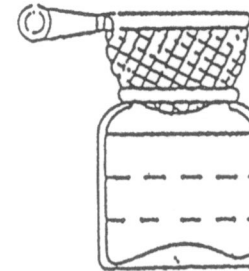
ADD 2 CUPS OF WATER



BRING TO BOIL



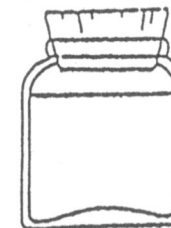
BOIL DOWN TO 1 CUP



STRAIN LIQUID



TOTAL 3 CUPS LIQUID HERBS



DRINK 1 CUP, 3 TIMES
PER DAY (5 TO 30 MINUTES
BEFORE OR AFTER MEALS)