

Herbal Medicines are potent and concentrated medicines. They can help to address imbalance and strengthen the whole constitution. They are most effective when used along with other adaptations to ones lifestyle. In my experience the people who benefit the most from herbal treatment have put in the most effort. This 'effort' can be on various levels- emotional, dietary, lifestyle. It usually involves including something extra in life whilst removing something else. In China there is a saying; "crisis is an opportunity for change". Change can release beneficial growth.

Seven Steps to Health:

- Change your diet according to your circumstances and the season.
- Adjust your routine according to the season.
- Take adequate rest; at least 7 hours of sleep per night.
- Take sufficient exercise- four 30 minute sessions of aerobic exercise per week.
- Learn a relaxation technique; yoga, t'ai chi, deep breathing; practice regularly for 15 minutes per day.
- Take herbal and vitamin supplements regularly.
- Make peace with everyone you know.

The Herbal Regime: Introduce your herbal remedy slowly. On the first day start with half the dosage and then increase to a full dosage on the second day. Introduce dietary changes slowly; change may be beneficial but it is not always easy! But stop you tincture and contact me if you get a cold or infection and do not take medication during the menstrual period unless advised to.

Methods of Treatment:

- Unless otherwise instructed take the medicine on an empty stomach 15 minutes before food.
- Tea: Pour boiled water onto the recommended weight of herbs (which is usually 30g or 10z to 500ml or 1 pint) and cover to prevent the steam from evaporating. Leave to stand for 30 minutes. Strain. Store in a sealed container in the fridge. Reheat and take as instructed. The normal dosage is to divide this tea into 2 doses.
- Tincture: Add the recommended dosage of the tincture to a little boiled water. Let this mixture stand for 5 minutes or until cool enough to drink.
- Decoction: Chinese herbs are often given as a decoction. It is a very effective way of treating many conditions.
 1. Put the bag of herbs in a stainless steel/glass or enamel cooking vessel (not aluminium or iron).
 2. Cover with 700ml-1000ml water and leave to stand for 1/2-12 hours.
 3. Bring to the boil and then simmer with a lid on the pan for 30-35 minutes or until 1.5 cups remains.
 4. Store in an airtight jar in the fridge.
 5. Divide the herbs intodoses and take over ...days. Reheat to a comfortable temperature.
- Powder: Put 2 large teaspoons in a cup. Add a little water, make into a paste. Dilute as necessary 2x a day.

Taking the herbs regularly is important. If you run out please ring me a few days in advance to ensure that you have a continuous supply.

Adverse Reactions: These are very rare but if you feel any adverse effects from the medicine stop taking it and email me Sebastian@pukkaHerbs.com or ring me on 01225 835068.

If you catch a cold, 'flu or acute infection stop your medication. Feeling nauseous, having diarrhoea, distaste for food or alcohol, or any pain over the ribs should be reported to me immediately.