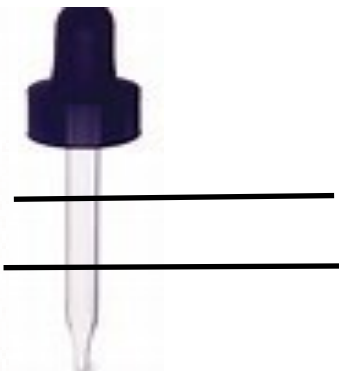


At times, herbs will be recommended in the form of liquid extracts/tinctures, capsules or teas. The dosing chart for safe usage is provided in the table below. However, you will be provided the recommended dosing while on a program. And you will need to follow those instructions provided to you. However, when you are done with your program and would like to take herbs on your own time you can use the chart below as a guide to help yourself. If you are still unsure, don't hesitate to seek guidance. We are always available to help.



Two Dropperfuls equal to about 70 drops

One Dropperful equals to about 35 drops

To get the liquid up into the tube, start by squeezing the nipple to empty the contents back into the bottle. Then, squeeze the nipple and draw up the liquid into the tube, according to the levels shown.

Age	Weight	Regular	Therapeutic
One year—Under	Infants	1 drop for each 8 lbs / give 1/4 capsule	2 drops for each 8 lbs / 1/2 capsule
2 yrs—6 yrs	25 lbs — 49 lbs	2/3 dropperful / give 1/2 capsule	1 dropperful / 3/4 capsule
6—12 yrs	50 lbs — 74 lbs	1 dropperful / give (take) 1 capsule	1 1/2 dropperfuls / 1 1/2 capsules
12—15 yrs	75 lbs — 149 lbs	2 dropperfuls / give (take) 2 capsules	3 dropperfuls / 3 capsules
15 yrs +	150 lbs — 224 lbs	3 dropperfuls / give (take) 3 capsules	4 dropperfuls / 4 capsules
15 yrs — +/-69 yrs	225 lbs — 300 lbs	4 dropperfuls / give (take) 4 capsules	6 dropperfuls / 6 capsules
70 yrs +	Seniors	1 dropperful / give (take) 1—2 capsules	1 1/2 dropperfuls / 2 — 3 capsules

WHEN TO TAKE: Herbs are taken 3 x daily about 30 min before a meal. 3—4 hrs before or after prescribed meds.

Amount of herbs to use when non-therapeutic:

1. Dried herbs: 1 Teaspoon (t) per one cup of liquid
2. Fresh herbs: 1 Tablespoon (T) per one cup of liquid
3. Powdered herbs: 1/2—1 Teaspoon (t) per one cup of liquid

DOSING: 2 dropperfuls of tincture | 2 capsules of 500 mg | 1 cup of strong tea

Teas (Loose or bulk) - Hot infusion / Decoction:

- 1. Flowers, leaves and seeds: Bruise or crack seeds,** Boil water then add herbs as needed and let continue to boil for 2 minutes. Turn off the heat and let steep (i.e., rest in the heat) for 10—20 min. This method preserves the medicinal elements and oils contained in the leaves, flowers, and seeds. Can be reused by adding more water about 2—3 times.
- 2. Berries, roots and barks:** Boil water then add the herbs. Boil for 2 min more, then turn heat down low and let it simmer for 10—30 min. The longer it simmers the more medicinal elements you extract. You can reuse about 2-3 times by adding more water.
- 3. If you have a mix of leaves, flowers, seeds, berries, barks and roots:** Let the mix sit and soak for 40—60 min before heating. Then let it simmer on low for 10—20 min to not destroy the leaves, seeds, and flowers. **Or you can make them separate, then mix the finished teas together.**
4. Use a strainer or cheesecloth to strain before drinking.

Teas (Loose or bag) – Cold infusion Prep:

1. Pour cool water in a glass container, then add the amount of herbs as directed.
2. Let the herbs stand covered as follows:
 - a. 1 hour on a counter or in the fridge. Or
 - b. You can let it stand in the sun to absorb the energy of the sun to make a sun tea.
 This method preserves the volatile oils/ aromatics of the delicate herbs.
The longer the herb sits about 24 hrs + the better (don't let it mold).
3. Strain through a strainer or cheesecloth before drinking.

RULE OF THUMB TO FOLLOW:

Always take herbs 6 days on and one day off. If you go beyond 30 days; do 6 weeks on and 1 week off. This gives your cells a rest and time to adjust, rid the excess elements and not become over saturated.

Teas – Powder Prep:

- Powdered herbs can be taken in several ways:
1. Boil water and then add the amount of powder as directed. Let sit for 5 —10 min. Let settle, then strain through cheese cloth to drink.
 2. Add amount of powder as directed to liquid of your choice. Stir to agitate and drink before powder settles.
 3. Mix into thick smoothie, plant-based milk, or soup for tonic effect of the herbal powder.
 4. Bitter or strong tasting powders can be mixed with organic raw honey to make a thick syrup or paste, especially for the young.

Notes of consideration for taking alcohol-based herbal tinctures or extracts:

If there is a sensitivity to alcohol or if there is liver damage from disease, do the following:

1. **Evaporate the alcohol by dropping the tincture into a cup of boiling hot water. Let sit for about 2 minutes to cause the alcohol to dissipate before consuming.**