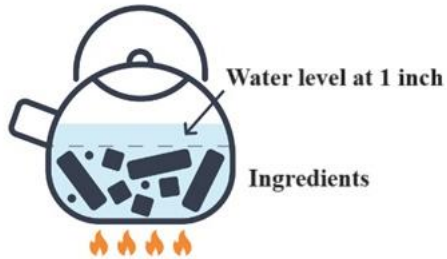


How to brew and consume Chinese medicines

A. Paper envelope for packing Chinese herbal medicine

To ensure the best results, please follow the following brewing and consumption instructions or your Chinese medical practitioner's advice:

Step 1



1. Steep ingredients in cold water for 20-30 minutes, Keep water level at 1 inch above the ingredients.
2. Boil in high heat.

Use

- Ceramic pot
- electric pot
- Stainless steel pot

Do not use

- Titanium pot
- aluminum pot
- steel pot

Note:

1. Brew the nourishing ingredients for 1 hour.
2. Brew the flu ingredients for 30 minutes.

How to brew and consume Chinese medicines

Step 2



Then simmer over medium to low heat, brew for 40 minutes.



Pour into one bowl.

Note:

1. Bowl: Normal rice bowl (around 250ml).
2. For children, serve half a bowl (around 150ml).

Step 3



Add water to ensure ingredients are all covered in the water, brew for around 30 minutes.



Note:

Do not brew flu ingredients for too long.

How to brew and consume Chinese medicines

How to consume



Mix



Consume

Mix the two bowls of medicine and consume at different times.

When to consume



Morning:
30 minutes to 1 hour after meal



Evening :
30 minutes to 1 hour after meal

Note:

For children, those who are frail and have trouble swallowing, consume in small portions throughout the day, every other hour, until all medicines are consumed.

Dietary precautions:



No Coffee or rich tea



No Food that irritate (e.g. hot pepper)



No Food that are hard to digest (e.g. sticky rice)

To avoid spoiled Chinese medicines, please keep them refrigerated

How to brew and consume Chinese medicines

Chinese medicines usually come with extra packet, please note the brewing and consumption methods

Initial boiling:

Put ingredients for initial boiling into the pot, add 2 to 3 bowls of water. Simmer in low heat for 30 minutes and add the rest of the ingredients.

Subsequent addition of herbs:

3 to 5 minutes before the initial boiling ingredients are finished brewing, add the “additional herbs” and continue brewing.

(Note: For the thicker herbs like Rhubarb and Costusroot, first soak in warm water for 5 to 10 minutes)

Brew with a filter bag:

Wrap the filter bag that contains the ingredients with cotton gauze, and brew them with the rest of the ingredients.

Brew by phases:

First stir and dissolve the Tendrilleaf Fritillary Bulb powder and Sanchi powder in cold water, add the medicine that is already brewed and still hot, mix well and consume.

Melt ingredients into the medicine:

Add the Ass-hide gelatin and Hairy Antler Pilose Antler gelatin into the medicines that are already brewed. While still hot, mix well and consume.

Separate brewing:

Brew the more costly Chinese herbal ingredients such as Cordyceps Sinensis and Korean Ginseng Root separately in water, or steam them over hot water. Treat the brewed medicines as tea and drink them throughout the day.

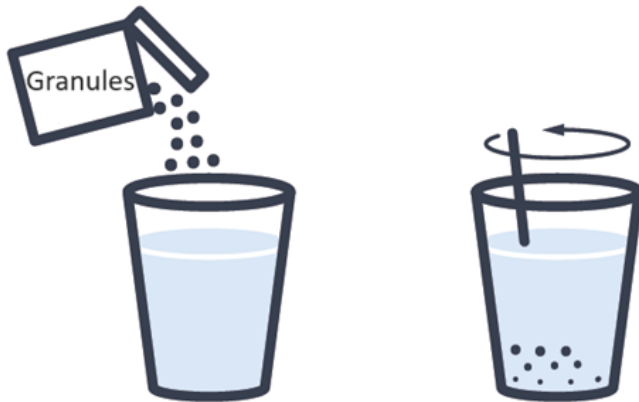
How to brew and consume Chinese medicines

B. Concentrated Chinese medicine granules

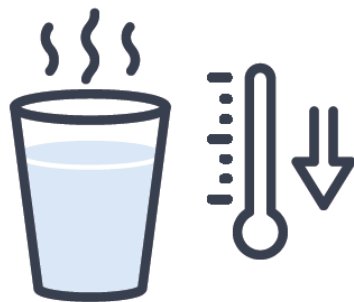
Direction & dosage of Chinese medicine granules:



1. Pour 150-200ml hot water into cup.



2. Add granules into hot water. Wait for 2 minutes, then stir granules to dissolve.



3. Consume at an appropriate temperature. Can still consume if granules are not completely dissolved.

Storage: Store in cool and dry place.

How to brew and consume Chinese medicines

C. Condensed Chinese medicine paste

Direction and things to note for paste consumption:

1. Dosage: Once or twice daily, one sachet each time on an empty stomach, or according to Chinese Medicine Practitioner's instructions.
2. Brewing instruction: Mix one part paste to five parts of warm water, stir and drink. Alternatively, hold a spoonful of paste on your tongue and let it melt in mouth. Swallow it slowly.
3. Storage: Keep it refrigerated. Consume immediately after opening.

Note:

It is normal for paste to be slightly not thoroughly mixed, or have residue. Avoid coffee or tea one hour before/after consumption of paste.

How to brew and consume Chinese medicines

Clinic Features

Apart from providing primary care services, the Clinic also provides diverse specialist services in areas such as internal medicine (cardio-encephalology, cardiology, dermatology, encephalology, endocrinology, gastroenterology, gynaecology, nephrology, neurology, oncology, ophthalmology, ophthalmology and otorhinolaryngology, paediatrics, psychosomatology, rheumatology, disease prevention) acupuncture and moxibustion, orthopedics and traumatology.

For more detailed information about the clinic's services, please call the respective clinics.

Service hotline: 2721 2678

Online registration: www.hkbucm.com