

Medicinal Herbal Prescription

Patient : _____

Date: _____

Patents (Pills)

Formula: _____

Please take _____ Pills / Tablets

2X Day 3X Day 4X Day

Powder / Loose Herbs

Formula: _____

Please drink (½ Cup) (¾ Cup) (1 Cup)

2X Day 3X Day 4X Day



(If you have any concerning side effects, please stop the herbs and call us at :)

Westside Family Acupuncture : 505-897-6560

HERBAL INSTRUCTIONS

Granular (Powder) Formula

- Mix _____ spoon(s) into 6-8 ounces hot water. (1 spoon is 1 gram)
- Let mixture cool until drinkable
- Drink entire amount within 30 mins (Can just sip on it for 30 mins)
- () Before meals () After meals () Does not matter

Loose Herb Preparation

- First bring _____ cups of water to boil, turn off heat, place ingredients into pot and soak for _____ minutes (1 bag prepared as needed.)
- Second, simmer herbs in pot for _____ minutes, with lid on.
- Third, strain out herbs and discard, save the liquid tea, and take as directed.
- Tea should be placed in a glass container and refrigerated, use within 3 days.

Note: It is recommended to take herbs 1-2 hours before or after prescription medications

Allergy Check: 1st dose can be one tablespoon, wait 1 hour for allergic reaction.