Medicinal Herbal Prescription

Patient :	Date:	Patient :		Date:		
Patents (Pills) Formula:		Formula:	Patents (Pills) Formula:			
	Pills / Tablets	Please take	Pills /	Tablets		
□ _{2X Day}	$\square_{3X \text{ Day}} \qquad \square_{4X \text{ Day}}$	□ 2X Day	J = 3X Day	□ 4X Day		
Formula:	Powder / Loose Herbs	Formula:	Powder / Lo	ose Herbs	000	
Please d	lrink (½ Cup) (3/4 Cup) (1 Cup)	Please	drink (½ Cup)) (3/4 Cup) (1 Cup)		
□ _{2X Day}	\square 3X Day \square 4X Day	□ 2X Day	J = 3X Day	☐ 4X Day		
(If you have	any concerning side effects, please stop the herbs and Westside Family Acupuncture : 505-897-6560	call us at :) (If you have		side effects, please stop the nily Acupuncture: 505-89'	,	
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HERBAL INSTRUCTIONS

Gran	ular (Powder) Form	ula			
•	Mix	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	e 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 herb	os 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.				
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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

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