



ANTHONY FARLEY
ACUPUNCTURE HERBS MASSAGE

Herbal Formula Instructions

Take the tea twice daily

Always drink the tea warmed up

Once first thing in the morning

The second time in the evening

(Drink 30 minutes before/after coffee/teas/meals)

1. Bring 3 litres of water to boil
2. Add all the herbs to the water
3. Simmer on low heat for 30 minutes
4. Strain out the liquid from the herbs
5. Drink one cup now (one coffee cup in volume)
6. Put rest of liquid in a container and place in fridge

About 3 liter of liquid should remain

One batch of herbs should last 3-5 days

Roughly 8 or more cups of liquid should be produced

Additional Notes: _____

