

INSTRUCTIONS FOR TIBETAN HERBAL FORMULAE

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After your consultation and treatment, you might have received one or more types of Tibetan Herbal Formulae. These formulae need to be taken at specific times, either before or after meals depending on the formula received. Please follow the instructions carefully. If you miss a dose of the herbs, please do not try to make it up because they are meant to be used only at the specified times.

Here a few things you'll need to know before taking the herbs:

1. If you have **never** take Tibetan Herbs, please follow the instructions carefully. Usually the herbs you have received are written with two dosages, a small initial dose and a larger dose. Always start with the **lower** dosage for the **first three days**, then increase to the **larger** dosage on the **fourth day** if you feel you are tolerating the herbs.
2. The herbs you have received will be either in pill form, powder or tea form. If you have received the **pill form**, please follow the instructions below:
 - Crush the herb into small pieces using a pill crusher, a garlic press or a mortar and pestle.
 - Then either dissolve the crushed herb in either warm water or warm almond milk or ...
 - Place the crushed herb on a spoon, place the herb in your mouth and wash it down with warm water or warm almond milk
 - DO NOT swallow the herbs whole.
3. Please call us if you have any questions about the herbs or how to take them.



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