

INSTRUCTIONS FOR TIBETAN HERBAL TEA

updated: 2/13/2019

TWO TYPES OF HERBAL TEA:

1. Tril Tang / རྩལ་ཏང་

Symptoms: scratchy throat, runny nose, poor appetite, body aches, low appetite & energy, feeling extreme cold in hands and feet

2. Solor Shi Tang

Symptoms: dry cough, wheezing, chest congestion, asthmatic

DIRECTIONS:

1. Soak one large packet of the tea in two cups of cold water for 5-10 minutes
2. Then cook the soaked tea bags on high heat until it reaches a rolling boil and is reduced to about one and a half cups of liquid
3. Strain out any sediment
4. Drink the tea twice daily while it is still warm. For the second cup of tea, you can reheat it.
5. Okay to reuse the tea bag two more times with the same amount of water/same preparation as in step 2

TIPS:

- In the meantime, while you are cooking the herbal tea, you, and others around you, can benefit by inhaling the steam or vapor thus helping to prevent colds in your household or community.
- For a combination of these two teas, double the water to four cups, then cook down to 3 cups. Drink twice daily. You may reuse the tea bags two more times using same directions.



Phone: (415) 681-1643

E-mail: contact@kundewellness.org

Website: www.kundewellness.org