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## HOW TO PREPARE YOUR HERBAL DRINKS

**PLEASE NOTE: The herb drinks taste bitter but the results will be worth it. If you feel it is difficult to drink, add some honey or sugar to it.**

To get the best results, please follow these simple steps:

1. Empty all the contents of one bag, including any powder, into a large sauce-pan.
2. Add about one pint of water to cover the herbs completely. Leave the herbs to soak for at least one hour.
3. Bring to the boil, then simmer for about 40 minutes (about two cups of liquid remaining).
4. Strain the herbs and pour the liquid equally into two cups.
5. If you have been prescribed to take:
  - **One Bag Per Day:** then drink one cup in the evening and the other cup the next morning. Repeat the whole process **every day**.
  - One Bag for TWO Days: then drink one cup in the evening and the other cup the next evening. Repeat the whole process **every second day**.

Opening Hours:

**Monday to Friday (9.00—4.45pm)**

**Saturday (9.00am—1.00pm)**

We are closed on Sunday and Bank Holidays.



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