



In Good Health Herbal Steam



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Soak herbs in 3 cups of water for 10 minutes in a large stainless steel or non-metal pot. Bring herbs to a boil and reduce to a high simmer for 5-10 minutes with lid on. Remove from the heat. Place pan onto a table on a heatproof surface (cutting board). Test the heat of the steam carefully with your hand before exposing the face, in order to avoid a steam burn. Breathe in the vapor while covering head with a towel to trap the steam. As the steam cools, lower head downward. After herbs have cooled, it is possible to save the water and herbs in the refrigerator and to gently boil them again within a 24-36 hour period. When re-heating herbs, bring them to a boil and then remove from heat after 20-30 seconds. Some cases are helped by steaming 2-3 times in one day. The effectiveness of the herbs will reduce greatly after 36 hours.