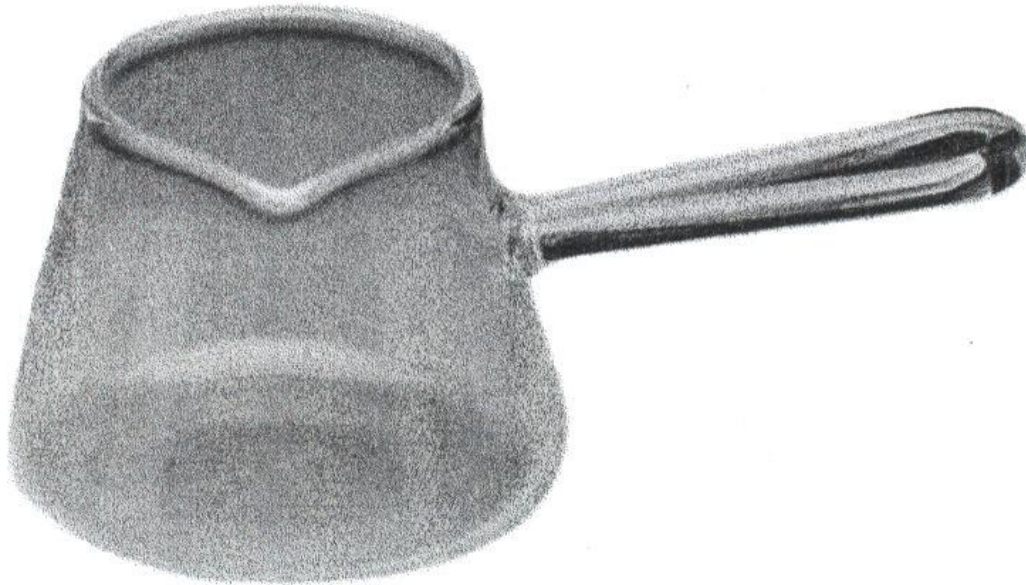


# How To Prepare Alcohol Free Herbal Medicines

- ❖ A small amount of boiling water poured over the herbs will evaporate 65% of the alcohol in 5 minutes. This can be done for either 1 dose of your herbs in a cup, or for a full day's dosages in a small thermos.
- ❖ Simmering each dose for 5–8 minutes in about  $\frac{1}{4}$  cup water removes 95% of the alcohol. Alcohol boils at 180°F., 32°F lower than the boiling point of water, and will evaporate preferentially.



**KW** offers **8** and **12 oz.** **mini-saucepans** made of **thick walled pyrex** laboratory glass, ideal for simmering a small quantity of herbs.

(Non-metallic vessels are preferred for this purpose, and prevent oxidation or adverse chemical reactions.)

*Always use a heat diffusor on electric burners to avoid cracking the glass!*

For convenience, you may simmer off the alcohol for 1 or 2 day's administration.

**1 day** (3 to 4 doses): Add approximately  $\frac{1}{3}$  cup of water to the herbs in a **8 oz.** mini-saucepan.

**2 days** (6 to 8 doses): Add approximately  $\frac{2}{3}$  cup of water to the herbs in a **12 oz.** mini-saucepan.

*Unrefrigerated, these herbs ferment after 2 days.* Refrigerated, boiled herbs remain viable for 5 days.

- ❖ Please simmer at a low heat, preferably over a very low gas flame.  
Allowing the flame to curl up along the slanted side of the saucepan will crack the glass.  
The manufacturer does not offer a warranty for this saucepan.
- ❖ With proper care, pyrex mini-saucepans will last for many years!
  - ☞ Keep the flame very low so the heat is only on the bottom of the glass.  
The flame must not curl up the sides of the saucepan—this will cause cracking.
  - ☞ Use care to avoid boiling the vessel dry—this also will cause cracking.
  - ☞ On electric stoves, place the saucepan on a heat diffusor.
  - ☞ Use Bon Ami with a plastic scrubbing pad to wash off difficult stains.