



Important points for the preparation of teas and decoctions:

Inflorescences: Basically, it refers to parts and parts of the aerial parts of the plant, such as petals and flowers, which are sometimes associated with the fresh and terminal leaves of the plant.

Decoctions: in the preparation of decoctions, the hard and thick parts of plants such as roots, stems and seeds are used, so their preparation method is also different from that of brews. Before consuming the parts of the plant, it should be cleaned and the wood and dust removed completely, but do not wash it as much as possible because the structure of the plant may change.

Brewing the plant should be done in a container whose steam exit is blocked and closed so that the essence and effective substances of the plant do not escape in the form of steam through the pipe of the teapot.

Metal containers should never be used to prepare decoctions and infusions, glazed containers are more suitable for decoctions.

To prepare tea, one should be careful about the amount of water consumed and measure it carefully. In the preparation of decoctions, after washing the plant briefly with cold water, put it in a container containing cold water and then bring the heat of the water to the boiling stage.

If the boiling time is not specified, after the solution boils for a few seconds, remove it from the heat and leave it alone for some time. 5 to 10 minutes is enough to boil the roots, stems and skin of plants.

In the preparation of decoctions and decoctions of plant materials, whether they are dried or fresh, they should be used in the same amount, because the fresh

plant has some water in its tissues, but the amount of its effective substance is more active. Therefore, its therapeutic effect is almost equal to the dried type.

The extracts obtained from brewing and boiling should be consumed pure, but if the person does not have a special disease, it can be sweetened with some honey and then consumed.

Plants that are strong in terms of essential oils should not be boiled, because the effective substances of the plant begin to disappear at temperatures above 60 degrees Celsius.

The use of herbal products should not be excessive, and the usual amount of most of them is one to three glasses per day for one week per month. For long-term use, experts should be consulted.

Consuming some teas such as mint after meals and some teas such as borage and calendula and fun and useful teas for kidney, liver, heart and nerves before meals.

Teas such as lemongrass and lemon are useful for nerves and depression and can be used daily instead of tea.