



## Instructions of Traditional Chinese Medicine (TCM) Decoction for Dermatosis

### 皮膚病中藥煎煮法注意事項(英文)

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Soak the herbal medicine in cold water for 30 minutes in advance.

Amount of water : Covering the herbal medicine.

#### How to prepare Chinese herbal decoction?

- First Decoction : First bring the water into boil with high heat, and then turn to low heat. Continue to cook for 15 minutes and pour out into one bowl of liquid medicine.
- Second Decoction : Add water and cover the Chinese medicine. Bring it to boil on high heat and then turn to low heat and continue cooking for 20 minutes. Pour into one bowl.
- First Decoction and Second Decoction : Mix the liquid of medicine and take the medicine in 3 portions after the meal.

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若有任何疑問，請不吝與我們聯絡  
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