



HOW TO PREPARE A DIT DA JOW

HERBAL LINIMENTS

NOTE: The herbal formula and the seaofchi.com invoice provide instructions on dosage and specific processing directions that pertain to your order; please refer to the below instructions prior to preparing the formula.

Herbal liniments have been used for centuries by martial artists to prevent as well as heal injuries common to the rigors of daily training and combat. The use of liniments for treating training related and recurrent injuries, and to condition the hands and striking surfaces has made dit da jows an invaluable first aid medicine for martial artists regardless of the style practiced.

What is a liniment?

It's an ancient practice of aging herbs in alcohol, oil, water or vinegar. The resulting herbal extract can be rubbed into the skin for treating strained muscles and ligaments, or to condition the body's striking surfaces for iron palm training.

What's the difference between a jow (liniment) and a jiu (medicinal wine)?

These are two different things, one is used internally and the other externally. While both age or soak herbs to draw out their medicinal properties; the jiu is a tonic that is consumed, while the jow is a liniment that is for hand conditioning, iron palm training, for sprains, pulled muscles, etc.

Where should I age the jiu?

Ideally, in a cold, dark, moisture free place like the basement, the back of the closet, etc.

Do I just leave it alone while it ages?

It is best to turn the bottle and its contents several times a week.

What materials are needed?

- a porcelain or glass container, with a tight lid
- raw herb ingredients
- either alcohol, oil, water, or vinegar (refer to the jow's specific instructions on our invoice)
- glass or Pyrex pot (for oil and water based liniments only)

What kind of container should I use?

A large glass or porcelain jar, one that will hold between 1 and 5 gallons (exact size will depend on the requirements of the formula you are making). Be sure it has a cap, cork, or tight lid.

What kind of pot should I use?

A large glass or Pyrex pot, that will hold between 1 and 5 gallons (exact size will depend on the requirements of the formula you are making). Be sure it has a lid. Do not use a metal pot as it will cause a chemical change in the brew.

How much alcohol, oil, water or vinegar do I add?

Refer to our invoice or the herbal formula for instructions on the exact amount required.

How long does it take to age?

Although a minimum of 90 days is recommended, keep in mind, that the longer the jow ages the more potent it becomes (by that we mean its effects will be stronger if it ages longer). We generally prefer to age our jows 365 days.

How much should I use?

Basically, apply as needed; however, some caution should be used as many dit da jows contain herbs that are not for internal consumption and as a safety measure we always suggest jows should be used for external application only.

Do I toss out the herbs after the aging process?

Some do, but we prefer to strain off a small amount (or whatever we plan to use for a few weeks) from the jow, and leave the herbs in the main vessel, allowing it to continue to age. If you prefer to strain the herbs off, be sure to strain it well as you don't want any herb particles in the liniment when you rub it into your skin.

STEP-BY-STEP INSTRUCTIONS

HERBAL LINIMENTS (DIT DA JOWS)

ALCOHOL-BASED JOW

Are quite simple to make, the herbs are aged (or soaked) in a sweet rice wine, vodka or brandy for a minimum of 90 days or preferably until the herbs break down (almost dissolving) which can require as much as a year or two of aging. Traditionally the herbal jow was buried in the ground, allowing it to remain at a constant cool temperature. If that isn't possible, cool and dark are the key words to remember.

The amount of the herbs, exact size of the container and which spirit should be used will be determined by the formula being used; however, the following generic instructions should get you started:

- uncap the bottle to be used
- add the herbs
- pour in the alcohol

- recap the bottle
- store the bottle in a cool, dry, dark place for a minimum of 90 days
- turn the bottle 1-2 times daily

When the aging process is complete do not discard the herbs from the bottle, they should remain in the bottle until all of the jow has been used.

Some alcohol-based jows require cooking the herbs prior to the aging process. In that case, be sure to cook the herbs on a very low simmer, cover the pot with a tight lid – otherwise you may find you've evaporated all the spirits.

OIL-BASED JOW

Can be prepared much the same way as the alcohol based jow, except that the herbs are soaked in vegetable based oil (like olive, canola, corn oil, etc.). Oil jows can be aged in a cold infusion process, but more often than not, the oil based brew is simmered on the stove for 90 minutes in a glass or Pyrex pot. It is imperative to avoid using a metal pot because of its tendency to cause chemical change in the resulting brew. The exact preparation instructions are:

Cold infusion (uncooked) oil-based jow:

- uncap the bottle to be used
- add the herbs
- pour in the oil
- recap the bottle
- store the bottle in a cool, dry, dark place for a minimum of 90 days
- turn the bottle 1-2 times daily

Cooked oil-based jow:

- place pot on stove
- add the herbs
- pour in the oil, stir
- turn heat to simmer and cover pot
- cook for 90 minutes
- allow brew to cool to room temperature
- pour brew into glass container, cover with tight lid
- store the bottle in a cool, dry, dark place for a minimum of 90 days
- turn the bottle 1-2 times daily

WATER-BASED JOW

This particular method of preparation is rather time-consuming due to the lengthy cooking process, but the end results are excellent. The herbs are decocted (or cooked) in water for 3 hours, allowing the brew to reduce down which will make the resulting brew thicker and more potent. The exact instructions are:

- place pot on stove
- add the water
- bring to a boil
- add herbs and stir

- turn heat to simmer
- cover pot
- cook for 3 hours
- allow brew to cool to room temperature
- pour brew into glass container, cover with tight lid
- store the bottle in a cool, dry, dark place for a minimum of 90 days
- turn the bottle 1-2 times daily

VINEGAR-BASED JOW

This last hit-medicine is a cold infusion. The herbs are simply aged in apple cider vinegar for 90+ days. The vinegar acts as a natural astringent and may be used directly or diluted with water to 50% strength. The exact instructions are:

- uncap the bottle to be used
- add the herbs
- pour in the vinegar
- recap the bottle
- store the bottle in a cool, dry, dark place for a minimum of 90 days
- turn the bottle 1-2 times daily



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