



HOW TO USE A GINSENG COOKER

Ginseng cookers are the traditional way to prepare ginseng tea to conserve the health benefits of ginseng root. The double-boiler cooking method produces a more robust, full bodied, potent brew. Because the pot is covered with two lids and used as a double-boiler, the ginseng essence is not dissipated in steam, and you can use a smaller amount of ginseng to produce a rich tea. Also, because the tea remains below the boiling point, many phyto-nutrients in the ginseng are retained that might be lost by boiling. You can use whole ginseng root, or purchase it chopped into smaller pieces. We recommend that you eat the cooked ginseng root after cooking to extract more of the ginseng essence.



USING THE GINSENG COOKER

Place the ginseng inside the ginseng cooker and pour in several cups of pure bottled water, using enough water to reach the bottom of the handles. Then cover the cooker with both lids and place the cooker into a larger pan of water. The water level in the outer pan should reach the bottom of the handles. Turn on the burner and bring the water in the pan to a boil. Turn down the heat under the pan and let the water simmer until half the water has boiled away. Fill the pan back up to just below the cooker's handles and bring to a boil again (or

use water that is already boiling that you've heated in a separate pot, this is a time-saver that will keep the temperature level in your ginseng cooker even). Repeat this process several times.

How long do you cook the ginseng?

At the very least an hour or two; however most cook it for about 3 hours. Some even believe in cooking it until the ginseng root breaks up, which can take about 24 hours. Remember the longer you cook the ginseng the more potent the brew becomes and the better the effects.

How much should I drink?

Once the tea has cooled, drink one cup of room temperature tea 2-5 times daily and store the unused portion in the refrigerator. And, eat the cooked ginseng root if you desire.



SEAOFCHI.COM

200 Montecito Avenue # 304
Oakland, CA 94610
1-800-641-0945
1-510-451-0945
info@seaofchi.com
www.seaofchi.com
seaofchi.com ©