



## HOW TO PREPARE WAN PILLS OR CAPSULES

**Comment:** Our invoice will provide instructions on dosage and specific processing directions that pertain to your order; please refer to these instructions prior to preparing the formula. Although the decoction and/or medicinal wine process are commonly used when preparing herbal tonics, raw herb formulas can easily be made into pills or capsules. Many who find the whole decocting and aging process simply too much of a bother, can prepare their raw herb formula into pills or capsules. And, although assimilation is somewhat slower you can still be assured the formula will be just as effective as if it were prepared as a decoction or medicinal wine. Below are step-by-step instructions on how to prepare pills or capsules.

### ***How are pills made?***

The herbs in your raw herb formula must be ground down into a fine powder (by us or you can use a kitchen blender or coffee grinder). If you're powdering the herbs at home, don't dump all the herbs into the blender at once, first cut the sticks and branches into smaller pieces and blend those, and as they are a harder substance expect this to take a few minutes, then add in the small leaves, seeds, and flowers (which are much softer and will blend quickly). The resulting powder should be mixed with a viscous or sticky medium, rolled in the palm of your hand and shaped into a "pill" form and allowed to dry. The dried pills can be stored in the refrigerator for several weeks. Typical dosage is 1-3 pills 2 or 3 times daily; however, check the specific guidelines (on our invoice) for exact dosage.

### ***How are capsules made?***

It may seem complicated but it isn't; the herbs must first be ground down into a fine powder (by the herb supplier or you can use the kitchen blender or coffee grinder). You'll need to purchase 00-size gelatin capsules and, simply pour the powdered herbs into the 00-size capsules. The capsules can be stored indefinitely in a tightly sealed glass container (do not store in the refrigerator). Typical dosage is 1-3 pills 2 or 3 times daily; however, check the specific guidelines (on our invoice) for exact dosage.

### ***Will it be as effective as a decocted tea?***

Yes, as long as you follow each step in the process correctly, use raw herbs that you are certain are of the highest quality and you will achieve the desired effects.

### ***Do I chew the pill or swallow it with water?***

Some do chew the pills, because the typical handmade pills are bigger than a 00-size capsule, which makes them almost impossible to swallow. We get around that issue by cutting the pill in half or into quarters which makes them easier to swallow. This is probably why most people just make capsules; 00-size caps are certainly much easier to swallow.

### ***What about special preparation instructions?***

Many herbal formulas that are made into pills or capsules mention dipping an herb first in vinegar or another substance. To do this, just put the herb into cider or distilled vinegar for as many times as the instructed. Allow the herbs to completely dry before grinding it in your blender.

### ***Is this still considered a “traditional” method of preparing an herbal formula?***

Yes, traditionally many herbal formulas were prepared as pills; however, in modern times the capsule method has become the preferred method, and both can be used without any fear of compromising the effectiveness of the formula.

## **STEP-BY-STEP INSTRUCTION IN MAKING PILLS**

### ***What materials are needed to make pills?***

1. large ceramic bowl (to hold at least 2 quarts)
2. raw herb ingredients - powdered
3. honey
4. gallon-size glass container with a lid, for storage
5. large sifter
6. large platter or large sheet of parchment paper

### ***Exact step-by-step instructions for making pills:***

1. Sift the powdered herbs into the large ceramic bowl, to separate the fine from coarse particles. Toss out any coarse particles that did not powder well
2. Once the finely powdered herbs are in the bowl, pour in a viscous or sticky medium like honey
3. Not too much, the object here is to mix in a little honey and then stir the mixture checking to see if the consistency is correct. The resulting mix should be dry enough to be molded into pills, yet not so dry it crumbles and won't stick together
4. Take a small amount of the mixture into the palm of your hand and roll it into the shape of a small bean or pea. Don't make them any larger because it will be too large to swallow easily
5. Continue rolling the mixture into small pills and place those beans on a non-stick surface like a large sheet of parchment paper or a serving platter
6. Allow the pills to air-dry. This process could take a few days
7. Be sure to allow the pills as much time as they need to dry, otherwise your pills will stick together when they are stored
8. Place the dried pills into a large glass jar with a lid and close the lid
9. Refrigerate the jar; it should stay fresh for several weeks.

## **STEP-BY-STEP INSTRUCTION IN MAKING CAPSULES**

### ***What materials are needed to make capsules?***

1. 3 large ceramic bowls (each should hold at least 2 quarts)
2. raw herb ingredients – powdered
3. 00-size gelatin capsules

4. quart-size glass container with a lid, for storage
5. large sifter
6. gallon-size plastic baggies
7. paper towel

***Exact step-by-step instructions for making capsules:***

1. Cover the work-area in with paper towel, as this process can get dusty
2. Put about one hundred of the 00-size capsules into a large ceramic bowl
3. Sift the powdered herbs into another large ceramic bowl, to separate the fine from coarse particles. Toss out any coarse particles that did not powder well
4. Once the finely powdered herb is in the bowl, you can either make the capsules right in that bowl or pour the powder into a large plastic baggie. Some find working in a plastic baggie keeps the herb-dust to a minimum
5. Open the 00-size capsules and fill the larger half with powder then close the 2 halves
6. Put the filled capsule into a large ceramic bowl
7. Store the filled capsules in a larger glass container with a lid, or in a large baggie
8. Do not store the caps in the refrigerator; keep the container on a dry and dark (no sunlight) shelf
9. The capsules can be stored for a fairly long period of time and remain useable.

NOTE: 00-size capsules are available for purchase @ seaofchi.com. The cost is: 500 capsules @ \$15.00, and 1,000 capsules @ \$30.00



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