

Golden Oak Acupuncture
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Golden Oak Acupuncture & Herbal Medicine
"Root, Revive & Thrive"

Granular Herbal Instructions

Date: _____ **Patient:** _____

Formula: _____ **Indications:** _____

Step 1: Heat 2 oz of water to boil.

Step 2: Vigorously shake baggie of granular herbs

Step 3: add _____ scoops of granular herbs to water

Do this _____ **times a day at** _____