

# Lifeline Acupuncture & Herbs Clinic

## Tonic Herbs Preparation Part 1



**STEP 1:** Ingredients to tonic herbs are carefully hand-picked by workers at the farm. Many ingredients come directly from the nature and selected when only fresh enough to be valued as herbs.



**Step 2:** Hand-picked ingredients are washed meticulously in a giant machine and then air dried for several days for storage.



**Step 3:** Washed and dry ingredients are selected carefully and then delivered to an acupuncturist. Acupuncturist cut these ingredients into smaller pieces and organizes them into individualized piles for storage and immediate use.

# Tonic Herbs Preparation Part 2



**Step 4:** Upon a request for tonic herbs, acupuncturist exactly weighs out the appropriate amount of ingredients and separate them into individual patches.



**Step 5:** Weighed out ingredients are put into a giant tonic herb maker. The tonic herb maker acts as a steamer and a cooker. This process normally takes about two - six hours.



**Step 6:** After hours in the herb maker, tonic herbs are carefully portioned out into individualized pouch and boxed for convenience.