

## ORIGINAL ESSIAC TEA FORMULA FOR IMMUNE SYSTEM SUPPORT by Rene Caisse

3 ¼ cups burdock root (cut)	380 grams
8 ounces sheep sorrel herb	225 g
½ ounce of turkey rhubarb (powder)	15g
2 ounces of slippery elm bark (powder)	60g
4 ounces of red clover blossoms	115g

Total 795 grams (28.35 grams equals 1 ounce)

795 grams divided by 28.35 equals 28.04 divided by 4 equals 7 batches of 4 ozs each.

Note: Use only stainless steel, glass or wood in preparing this herbal tea mixture. No plastics must be used.

Use a scale and measure out as follows into a stainless steel or glass bowl. Makes one 4 ounce batch, scale weight. 54.28 grams of burdock root. 32.14 grams of sheep sorrel. 16.42 grams of red clover. 2.14 grams of turkey rhubarb. 8.57 grams of slippery elm.

Add this 4 ounce mix to 1 gallon of briskly boiled distilled water ( do not use water containing fluoride or chlorine) in a stainless steel container and boil for 12 minutes. Then take a rubber spatula and scrape the herbs from the sides of the pot. You can let this sit in room temperature for 6 hours. Then stir thoroughly with a stainless steel or wooden spoon. Then let sit for another 6 hours.

Then return the kettle to the stove, add six of boiled distilled water to cover evaporation and bring to 185 deg F 85 deg C, scalding temperature. Do not boil.

Remove from heat and pour through a stainless steel strainer into another stainless glass pot. Wash pot number one and then strain contents of second pot back to pot number one. Bottle the tea immediately into dark amber bottles, seal and store in refrigerator. Makes six 16 ounce bottles.

Suggested directions for use of Essiac tea.

Adults: Heat 1-2 ozs of distilled water, then mix it with 1-2 ozs of herbal tea mixture depending on your body size, taken directly from refrigerator. It can be taken 1-2 times daily depending on individual preferences and need. Shake well before using. The herbal tea mixture should be taken at bedtime on an empty stomach. When taken in the morning, do not eat for at least one hour before or afterwards.

This treatment is not recommended for pregnant or nursing mothers. It is a natural herbal tea mixture, when in doubt muscle test, or use a pendulum to know the amount required. The tea must be kept refrigerated at all times. Do not freeze. If mold growth appears, discard immediately. Test for how long to drink the tea.