

Essiac Tea

INGREDIENTS

- 6 1/2 cups of burdock root (cut)
- 1 pound of sheep sorrel herb (powdered)
- 1/4 pound of slippery elm bark (powdered)
- 1 ounce of Turkish rhubarb root (powdered)



This amount of ingredients will combine to make 8 quarts or 2 gallons of the tea.

You may cut each ingredient in half to make one gallon at a time.

Mix all the ingredients well before placing them in water.

Store the dry herbal mix in a glass jar in a dark dry place.

Take out one ounce per 32 ounces of water (one quart) at a time.



Add Herbs and distilled water to pot

Simmer covered over medium heat for 12 to 15 minutes

Remove from heat; scrape any herbs from the side of the container back into the liquid.



Let set for 12 Hours



Reheat to Simmer



Strain into preheated sterile containers



Store in refrigerator

Usage Instructions:

The dosage depends on the condition.

For immune tonic use or very mild ailments, 2 ounces once daily.

Increase the frequency up to 3 times daily with up to 3 ounces each time according to the severity of the ailment, which is usually cancer.

The refrigerated tea can be added to hot water or warmed up for consumption.

Cancer patients undergoing other treatments, even with allopathic drugs, have used the tea as well.

However, cancer or AIDS should be treated holistically by abstaining as much as possible from toxic medicines, toxic foods, toxic household and cosmetic items, and toxic thinking.

The cancer patient should also have a meatless diet of organic food and get as much sunshine as possible.

Using Essiac tea while indulging in old life style habits that probably started the cancer or any other disease is not the best way to heal.

Despite the development of 6 and 8 herb Essiac teas recently, the 4 herb version remains as a staple. It has a proven record of cured patients since the late 1920's. Brewing your own Essiac tea is favored by most upon ordering the herbs, which are sometimes packaged individually, or pre-mixed into one bag.