

Making Essiac Tea

By Susan Jalbert

Needed: 2 stainless steel 1 gal (or larger) pot, or 1 stainless steel and Pyrex glass bowls to equal 1 gal glass cup for pouring—like a glass measuring cup
2 straining clothes: 1 to catch the larger herbs and 1 cheesecloth-like for the second straining.
wooden or stainless-steel spoon for stirring
glass bottles, preferably colored glass, with corks or ceramic tops (old wine or beer bottles)

chemical-free Ingredients:

sheep sorrel
slippery elm bark
rhubarb root
burdock root
sometimes red clover and other herbs might be included

Before hand: Sterilize enough bottles to hold a gal of tea, colored glass bottles with glass tops or corks, by boiling in a stainless-steel pot for 20 minutes. (The corks can be steamed. Allow to drain dry.

In an emotionally calm and loving state, bring 1 gal of distilled water to a boil in a stainless steel or glass pan.

Carefully add 1 cup of the organic Essiac formula and with a big stainless steel, glass, or wooden spoon, gently stir the Essiac into the water.

Cover with a stainless steel or glass lid and gently boil for ½ hour, then turn off the heat.

Stir once around the pot, cover with the lid, and let sit without disturbing it, for 6 hours.

Take the lid off and again stir once around the pot & bottom with the spoon. Return the lid and let the pot sit without disturbing it for another 6 hours. (If it is inconvenient to stir after 6 hours this stirring can be omitted.)

Bottling the Tea

After the 12 hours steep, bring tea to a gentle simmer for 10 minutes, then turn off burner.

Strain the tea through unbleached cheese cloth or fine netting into other stainless-steel pots or sturdy glass bowls. To avoid cracking the glass, the empty glass bowls can be sat in hot water before pouring the Essiac into it. Rinse the first pot out and restrain the tea back into the original pot.

If the tea has cooled considerably, return pot to a low burner while you are bottling the tea.

Use a glass cup to dip the hot Essiac out of the pot & pour into the drip-dried glass bottles. Fill each bottle just short of the top & loosely cap it, making sure the tea doesn't touch the cork.

Cover all the filled bottles with a clean cloth (so light doesn't reach the tea) & let sit until cooled.

Tighten the lids or push the corks down firmly and store the bottles in the refrigerator.

The tea should not be exposed for any length of time to light. If clear bottles have been used, then

placing the bottles in a brown paper bag will help keep the light out.

The tea may develop some thickening. This is natural, but probably better not to drink the thickening part. It will settle towards the bottom of the bottle. If the tea starts to smell bad or mold starts to develop on the top, then discard the tea.

Taking the Essiac

Do not drink the tea close to having taken other food, drink, or any taste. 2 hours after eating & 2 hours before eating is preferable, but if not possible, take the tea first thing in the morning and then wait at least 10 minutes before eating or drinking anything else. Drinking Essiac before bed is a good time too.

Heat up a small amount of distilled water in a glass or stainless-steel pot. It's probably better to use a stove, and not a microwave.

Fill a glass cup with ¼ to 1/3 cup of Essiac tea. Pour an equal amount of hot distilled water into the tea. It may be best to start with a smaller amount and gradually work up to 1/3 cup Essiac and equal amount of distilled water.

If there is a problem with the stomach, dilute the tea further with the hot distilled water. If the purification is causing the body to expel the poisons too quickly, then reduce the amount of tea. Also a few drops of red clover tincture can be added to the bottle which will help the liver get rid of the poisons. Large bowel movements in the first few days is normal.

Sip slowly while tea is warm, allowing tea to stay in your mouth awhile so the taste of the tea can be absorbed thru the mouth, especially under the tongue.

Regularly drink this tea:

For cleansing, 2 times a day for 10 days is fine.

For reducing tumors, diabetes, cholesterol and plaque, and removing the heavy metals from the body, etc., 3 or 4 times a day for 8 weeks is best.

If a tumor, or cancer, has been shrunk, you must continue a maintenance course of taking the tea once a day for the rest of your life. It's probably best once in a while to take a week or 2 breaks, then restart your daily cup of tea. It is not recommended to be used with chemotherapy. Perhaps afterwards it would help build the immune system back up. If radiation has been used, Essiac taken after the treatments will help rid the body of the radiation poison and its side effects.

Good health!

There are various articles, websites, and books on Essiac. Not all the information is complete or has been assembled from experience, so the above procedure for making and taking the tea is what I recommend.