



## Essiac Tea instructions

It is important to follow each step precisely.

The basic process for making Essiac tea decoction involves a 10-12 hour steeping time. The herbs are boiled, covered, for 10 minutes, left to steep at room temperature, then re-heated to steaming hot, decanted into hot jars, allowed to cool, and stored in the refrigerator. One quart of decoction will supply one person taking two oz. per day 6 days per week, for approx. 2 1/2 weeks.

**Supplies needed:** Enameled, glass or stainless steel pot with lid. Canning jars, lids & rings (optional: brown bottles). Funnel and strainer, (optional) or a glass measuring cup. Do not use any aluminum or Teflon utensils. It is best to make just enough Essiac tea to last about two or three weeks because it is perishable and will eventually spoil in the refrigerator.

Mix the herbs that we provided you together thoroughly, then mix according to the following measurements:

**1 cup (8 oz) dried herbs with 2 gallons of spring water**  
**½ cup (4oz) dried herbs with 4 quarts of spring water**  
**¼ cup (2 oz) dried herbs with 2 quarts of spring water**  
**1/8 cup (1oz) dried herbs with 4 cups of spring water**

**\*Please note:** you will increase the shelf life of Essiac tea by thoroughly sterilizing all utensils, jars, rings, lids, etc.

### Essiac Tea Preparation:

1. Measure out the required amount you intend to make.
2. Put required amount of spring water into pot and bring to a boil
3. Add required measured herbs to boiling water and boil, covered, at a medium rolling boil for 10 minutes. (do not boil over)
4. Remove from heat, scrape down the sides of the pot and allow the tea to sit, covered, room temperature, for 10-12 hours. Do not steep for longer than 18 hrs.
5. Stir, put the lid back on, and heat the tea in the covered pot until steaming hot, but not boiling.
6. At the same time, sterilize your jars, caps and lids.
7. Allow the tea to sit covered and undisturbed for several minutes so that the herbs will settle to the bottom of the pot.



8. Sterilize your glass measuring cup and funnel. This will be used to pour the concoction into the sterilized jars.

9. Carefully pour off (decant) the liquid from the pot into the canning jars. Some sediment will be in the bottom of the jars - this is completely normal. Do not strain the sediment out with anything finer than a kitchen sieve - do not use cheesecloth.

10. Screw the lids on, allow to cool, then refrigerate. The rest of the sediment remaining in the kettle can be used for poultices (add powdered slippery elm bark for a more paste-like consistency) or can be discarded.

\*Once opened you must refrigerate.

## Directions for Drinking Essiac Tea

Shake the bottle gently to mix sediment

**Dosage:** Take one ounce of Essiac in two ounces of warm water every night at bedtime on an empty stomach.

- Do not eat or drink anything for at least an hour after taking it.
- Do not take any other medications at the same time you take Essiac. (Pain pills occasionally are acceptable)
- Essiac is not toxic in larger doses, but Rene Caisse did not recommend more than a maximum of 4 oz. per day.
- Do not microwave the tea.
- Take time off from Essiac periodically (one day/week, one weekend/month, one week every three mos., and so on).
- Discard Essiac Tea if it tastes sour or when white mold appears floating on the surface.
- Essiac herbs and tea are light and heat sensitive – refrigerate decoction once it is open, and store dry herbs in a cool, dark, dry place. Never freeze it either the herbs or the concoction.

\* **Recommended read:** *The Essence of Essiac by Sheila Snow.*