

How to Prepare Essiac Tea



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Healing Waters Clinic & Herb Shop

To make a minimum one month supply of Essiac:

2 fluid ounces dry herb mixture to 64 fluid ounces water

Stir the basic herb mix in its storage container to ensure even distribution and then measure what you need into a small bowl. Immediately replace the jar of mix in a cool, dark storage space. Herbs deteriorate if left out in bright, warm kitchens.

Heat the water in the pan to boiling point.

Stir in the dry herb mixture.

Reduce heat, replace the lid on the pan and maintain at a rolling boil (fast simmer) for another 10 minutes.

Turn off the heat.

Stir the mixture thoroughly with a clean sterilized spoon, scraping down any herbs on the side of the pot into the liquid.

Cover and allow liquid to cool gradually.

Leave the Essiac decoction steeping with the lid on undisturbed for a minimum of ten to twelve hours -- overnight is fine.

NOTE: It is important not to disturb the tea during steeping. Every time you take the lid off, you are exposing the liquid to airborne bacteria. Also, do not put either your fingers or an unsterilized spoon into it to taste it.

Sterilize all the remaining utensils including the lids, seals and bottles.

Reheat mixture to steaming hot to ensure that only hot liquid will be poured into the hot sterilized bottles. **Do Not re-boil.**

Allow the herbs to settle for a few minutes before straining the tea through a fine, stainless steel strainer into sterilized measuring jug. Pour into the bottles using a sterilized funnel.

Some sediment at the bottom of the bottles is quite usual.

Seal the bottles carefully with sterilized lids to produce an airtight seal.

Chill quickly by carefully standing sealed bottles in bowls of cool water. Avoid extremes in temperature as very hot glass is likely to crack when immersed in extremely cold water.

After re-tightening the caps, store immediately in refrigerator.

Dosage of Essiac Tea

For Cancer: Drink 1 fluid ounce daily, diluted with 2 fluid ounces hot water. Sip tea preferably before bedtime and at least two hours after eating. Food should not be eaten within one hour of taking tea.

As a daily tonic to enhance immune system: Take half a fluid ounce once daily diluted in hot water as before.

DO NOT exceed recommended dosage.

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