

Firstly, Some Good News:

Essiac has been reported in Government publications to kill cancer cells, and has shown other benefits also. See one such result here: <https://www.ncbi.nlm.nih.gov/pubmed/18225545>

ESSIAC DOSAGE IDEAS

Essiac tea dosage is primarily dependent upon how serious your health condition is. For example, those with cancer are advised to take the aggressive dose.

Increasing essiac up to twice the recommended dosage can be done with no ill effects. However, decreasing below the three 3 oz. doses per day will greatly diminish the essiac's ability to work.

Aggressive Dose is recommended if you are trying to improve your health. This is the standard recommended dose if you have (or suspect that you have) cancer or another health problem.

ESSIAC TEA AGGRESSIVE DOSE INSTRUCTIONS

Typical recommended amount is 9 oz. per day, taken in three separate 3 oz. doses. Anything in the range of 6-12 oz. may be used based on bodyweight, taken in three separate doses of 2-4 oz. each. For the vast majority of people, however, 3 oz. three times per day is perfect.

Essiac tea aggressive dose is the recommended essiac tea regimen if you want to improve your health.

How long should you take essiac tea aggressive dose?

You should remain on the aggressive dosage program for a minimum of six months, or until your test results return to normal. If your test results have returned to normal, you may reduce your essiac tea to the maintenance dosage of 3 oz. just twice per day. If at any point your symptoms return, we recommend that you return to the aggressive dosage of three 3 oz. doses per day.

What if I'm still sick after 6 months?

If the original condition persists even while you take essiac tea, continue on the aggressive treatment dosage until your condition improves and you're satisfied with the results. Keep in mind that many people would have kept getting worse and worse with no intervention, so sometimes just holding steady with your health (not slipping) is a victory.

What if I get worse while taking essiac?

Also, it's not uncommon for people to get worse before they get better. Think about if you take an aspirin because you have a headache. It might take about 30 minutes for the aspirin to kick in. Your headache might get worse for the initial 20 minutes before the aspirin kicked in. That doesn't mean it won't work--it just hadn't started working yet.

The essiac is the same idea but it works on a longer scale. The 30 minute-aspirin treatment takes 6 months for many people in the case of essiac. That means you need to wait the 6 months before assuming it didn't work.

Note: The dosages that we're suggesting are measured in ounces of brewed tea.

All doses should be taken on an empty stomach. Essiac was tested by people with an empty stomach, and this will ensure maximum absorption of your essiac tea dosage. This means you should avoid eating for 2 hours before and 1 hour after taking essiac for best results.

*If you are currently taking chemotherapy and/or radiation, or you have been given a terminal diagnosis, we recommend the Aggressive PLUS Dose.

Aggressive Dose PLUS is recommended if you are currently on a regimen of chemotherapy and/or radiation, or you have been given a terminal diagnosis.

Essiac Tea Aggressive Dose PLUS Recommendations

Essiac can be taken during traditional cancer treatments without interfering with that treatment. If you are currently receiving chemotherapy or radiation, be aware that chemo and radiation can destroy some of the active properties of the essiac tea.* In other words, chemo and radiation can prevent essiac tea from doing its job to some extent. Taking 'extra' tea to compensate for this acts as insurance that the essiac you're taking will be able to do its work in your body.

If you plan to continue along your chemo and/or radiation, you might consider taking up to 18 oz. of tea per day, or three 6-oz. doses. Many people on chemo and/or radiation have tried the 18 oz. per day with good results. However, some decide to stay with just 9 oz. per day, and many of those people have also had good results. You'll have to decide (along with the help of your practitioner) if you'd like to experiment with taking the Essiac Tea Aggressive Dose Plus, which is a full 18 oz. per day. This is what we suggest for those who are currently receiving chemo and/or radiation, or who have been given a terminal diagnosis.

Note: The dosages that we're suggesting are measured in ounces of brewed tea, not in powder.

All doses should be taken on an empty stomach. Essiac was tested by people with an empty stomach, and this will ensure maximum absorption of your essiac tea dosage. This means you should avoid eating for 2 hours before and 1 hour after taking essiac for best results.

For example:

Essiac at 6am. Breakfast at 7am.
Snack at 10am, Lunch at 1pm.
Essiac at 3pm.
Dinner at 6pm. Essiac at 8pm.

Another example:

Breakfast at 6am. Essiac at 8am.
Snack at 11am. Lunch at 2pm.
Essiac at 4pm. Dinner at 5pm.
Snack at 8pm. Essiac at 10pm.

*If you are NOT on chemo and/or radiation, you may take just the traditional aggressive dose.

Maintenance Dose is recommended for at least six months AFTER your test results have returned to normal. Many choose to remain on maintenance dose permanently to ensure good health.

ESSIAC TEA MAINTENANCE DOSE

Essiac Tea Maintenance Dose: The maintenance essiac tea dosage is 6 oz. of tea per day, and should be taken in two separate 3-oz. doses.

Who should take maintenance dose? The word 'maintenance' gives your clue. Anyone who wants to maintain their current health.

Administer the essiac tea maintenance dose for at least 6 months after your test results have returned to normal. Many people choose to continue the maintenance dose indefinitely to maintain their good health. Some also take a maintenance dose of essiac tea as a daily preventive supplement, even though they have no health problems. Essiac tea is abundant in many minerals and is a healthy part of the daily diet. In fact, in many cultures some of the ingredients are eaten regularly in salads, such as watercress. Other ingredients are taken as a tea on a regular basis, such as burdock root. Essiac works much like a food in the body--it's not unnatural like taking a pill or powder can be.

Although at first it can feel like a bother to take essiac every day, it's not as bad as it seems at first, especially when you only need to take it twice per day. The hardest part can be making sure the empty stomach rule is followed. That is--essiac has to be at least 2 hours after meals, and at least 1 hour before meals.

For example:

Breakfast at 7am. You can take essiac at 9am (2 hours later).

Snack at 11am. Lunch at 1pm. You can take essiac at 3pm (2 hours after food).

If you are out and about and you don't want to bring it in a thermos, you can try this:

Essiac at 6am. Breakfast at 7am (1 hour later).

Dinner at 7pm. Essiac at 9pm (2 hours later).

HOW LONG SHOULD I TAKE ESSIAC?

The length of time you should remain on the essiac tea maintenance dose will ultimately be your decision. At discount-essiac-tea.com, our staff chooses to stay on essiac at all times to maintain our good health, and we encourage our friends and family to do the same. Essiac can be taken indefinitely, so it's up to you to decide whether to continue on the maintenance dose or to stop using essiac you've achieved good health.

Note: The essiac tea maintenance dose that we're suggesting is measured in ounces of brewed tea (not the powder).

Preventive Dose is recommended for those who are healthy but wish to prevent health problems, disease and illness.

Detoxification Dose is recommended if you wish to detoxify your system to improve health, prevent disease and illness, or recover from disease or illness. Detoxification regimens are typically done for a fixed period of time, but sometimes they are continued indefinitely to maintain optimal health.

ESSIAC TEA PREVENTIVE DOSE / AND DETOX DOSES

Essiac Tea Preventive Dose: The preventive essiac tea dosage is 6 oz. of tea per day, and should be taken in two separate 3-oz. doses.

Administer the preventive dose for at least 6 months after your test results have returned to normal, or at least six months if your test results have been normal all along. Many people choose to continue the preventive dose indefinitely to maintain their good health. Essiac tea is abundant in many minerals and is a healthy part of the daily diet.

The length of time you should remain on a preventive dose of essiac will ultimately be your decision. At discount-essiac-tea.com, our staff chooses to stay on essiac just about at all times to maintain our good health, and we encourage our friends and family to do the same. Essiac can be taken indefinitely, so it's up to you to decide whether to continue on the maintenance dose or to stop using essiac you've achieved good health.

Try it and see. Go off and compare how you feel to when you're on the tea and when you're off. If you feel better when you're on, or you're simply concerned about future health issues, you can stay on the tea forever.

Note: The dosages that we're suggesting are measured in ounces of brewed tea.

All doses should be taken on an empty stomach. Essiac was tested by people with an empty stomach, and this will ensure maximum absorption of your essiac tea dosage. This means you should avoid eating for 2 hours before and 1 hour after taking essiac for best results.

Making The Tea

*2-week supply of essiac tea using aggressive treatment dose OR maintenance dose.

Please note: Steps 1 and 2 will vary depending on which level of treatment dose you choose. Steps 3 thru 5 are the same regardless.

Typical Aggressive Treatment Dose: How to Brew Essiac Tea--2-week Supply
(Using the most typical dose of 3 oz. taken three times per day)

1. Bring 132 oz. (1 gallon plus 4 oz. to account for evaporation) of filtered water, spring water or distilled water to a boil and reduce to a simmer.
2. Add 4 oz. of the essiac herbs blend. Please actually weigh your herbs on a kitchen scale to ensure you have the correct amount (A very rough approximation of 4 oz. herbs--which weighs 113 grams--is 1 1/4 cups of herbs when using dry measurement cups instead of a kitchen scale. If you don't already have one, please purchase a small inexpensive home kitchen scale as soon as possible as the cups are not very accurate due to varying levels of settling and packing of the powdered herbs over time).

Typical Maintenance Treatment Dose: How to Brew Essiac Tea--2-week Supply

(Using the typical 3 oz. taken twice per day)

1. Boil 88 oz. of spring water or distilled water in a large pot.
2. Add 2.67 oz. of the essiac herbs blend. Please weigh your herbs on a kitchen scale to ensure you have the correct amount. A rough approximation if you have to use dry measurement cups is a rounded 1/2 cup.

**Here are the rest of the instructions on how to brew essiac tea
(in any size batch):**

3. Turn the heat down to medium and let the tea simmer for ten minutes, stirring occasionally. Keep a cover on the pan with just a bit of air exposed to reduce evaporation.
4. Turn the heat off, cover the pan completely, and leave the mixture sitting at room temperature for twelve hours.
5. The following day, stir the tea vigorously to disperse the remnants of the herbs throughout the mixture* and funnel it into a clean standard plastic spring water gallon container (or a glass bottle, if you prefer). Refrigerate.

*We STRONGLY RECOMMEND that you leave the herb particles in the tea and DO NOT strain the herbs. Because these are powdered herbs, you don't have to strain anything--the herbs are fine enough to be taken as you drink the tea. The herbs increase the efficacy level of the treatment.

Do not try to brew essiac tea more than two weeks ahead: it will stay good for about 14 days, but after that you should make a fresh batch of tea. Shake the container well before pouring your dosages to disperse the herb particles throughout the tea.

Most people consume essiac tea cold.

The most consistent results over the years with essiac come when the doses are taken on an empty stomach. This means to avoid eating two hours before and one hour after administering essiac. However, if you must eat and take essiac at the same time, we believe that is much better than skipping your essiac dose entirely.

The 'Sludge' at the bottom of the essiac tea container: Do not toss it!

The herbs are important to consume as part of each dose. Therefore, please do not strain and throw out the particles at the bottom (some describe it as 'mud'). It's important to get some of these particles into each and every dose. The most effective way to do this for most people is to use a large wooden spoon to stir the pitcher before pouring each dose. You can leave the lid off your container to make this more convenient. Stirring tends to work better than shaking especially when the pitcher is full.

It is generally safe to use alongside many medications but you should always check any potential drug-herb interactions before use.

**** Legal Disclaimer: Please note that the tea does not replace conventional medical treatment***

You can find lots of good info on how to make the tea, and detailed info about each herb at www.thehealingherb.co.uk/instructions/

**Order more stuff at TheHealingHerb.co.uk or just email
me:
contact@thehealingherb.co.uk**