

8 Herb Tea

- (28g/1oz powder) *32 day supply of essiac tea 30ml per day.
- (56g/2oz powder) *64 day supply of essiac tea 30ml per day.
- (112g/4oz powder) *128 day supply of essiac tea 30ml per day.

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](#):

Making the Tea

Please note: This will make 32 days tea at 30ml per day. ***You can vary the amount and/or frequency according to your goals.***

1. **Bring 1,030ml** (~1 litre plus 30ml to account for evaporation) of filtered water, spring water or distilled water to a boil and reduce to a simmer.
2. **Add 28g/1oz** of the essiac herbs blend. Please actually weigh your herbs on a kitchen scale to ensure you have the correct amount. If you don't already have one, please invest in a small inexpensive home kitchen scale as soon as possible to be accurate.
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 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.

The most consistent results over the years with essiac come when the doses are taken on an empty stomach. This means to avoid eating 2 hours before and 1 hour after essiac. (Black tea, coffee, juice, water, herbal tea, are not food, but do avoid protein).

The 'Sludge' at the bottom of the essiac tea container is good: 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 our opinion that the tea is generally safe to use alongside medications/steroids etc.

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 (see below).

Aggressive Dose is the standard recommended dose if you have (or suspect that you have) cancer or another serious 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.

A fluid ounce is about 30ml. 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.

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.

**** 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 also at www.thehealingherb.co.uk/instructions/

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