

Essiac Tea Ingredients, Effects, Dosage and Cost

Essiac tea ingredients need to be blended according to a specific ratio for the eight-herb blend to have the desired effect. Dr. Brusch, who was a partner with Renee Cassie, knew the correct ratio of herbs to use and passed this information along to the formulator of this eight Herb Essiac Formula. Renee and Dr. Brusch experimented with using only seven of the herbs at one point as getting all 8 was difficult at times. They found they got better results with all 8 herbs present.

Rene Caisse a nurse in Canada was introduced to an herbal formulas consisting of eight herbs, from a woman that recovered from Cancer drinking this tea. The woman who was cured of cancer was given the formula from a Native American in Canada. Renee popularized the formula by making tea from the eight herbs and then giving them to anyone who had cancer. Results were so positive that the fame of this herbal formula grew. The eight herbs are as follows:

Blessed Thistle: is used for loss of appetite and indigestion; and to treat colds, cough, fever, bacterial infections, and diarrhea. It is also used as a diuretic for increasing urine output, and for promoting the flow of breast milk in new mothers.

Burdock Root: The benefits of burdock root are wide-ranging and sure to impress. Here are some of the top ways it can seriously improve your health.

1. Blood Purifier

In traditional herbal texts, burdock root is described as a “blood purifier” or “alterative” and was believed to clear the bloodstream of toxins. (3) Burdock root has active ingredients that have been found to [detoxify heavy metals](#) from the blood, improving organ health and the health of the whole body. It also promotes blood circulation to the skin surface, which improves skin health.

2. Lymphatic System Strengthenener

Essentially, the lymphatic system is the the body’s inner “drainage system,” a network of blood vessels and [lymph nodes](#) that carry fluids from tissues around the body into the blood and vice versa. If you can make your lymphatic system stronger, then you can help your body ward off all kinds of disease and serious health issues. Burdock root helps induce lymphatic drainage and detoxification. As a natural blood cleanser, it has a wonderful effect on the lymphatic system. (4)

3. Natural Diuretic

[Diuretics](#) stimulate the kidneys and help the body get rid of excess fluid, mainly water and sodium. Burdock root is a natural diuretic so through burdock consumption, you can naturally and easily help your body to eliminate excess water by increasing urine output. By elevating the rate of urination, burdock root can help to remove waste from the blood and body. (5)

If you have issues with fluid retention, you should ask your doctor about trying burdock root before resorting to prescription products.

4. Skin Healer

Topical products containing burdock root have offered relief from pesky skin issues for ages. From [acne](#) to [eczema](#) to [psoriasis](#), burdock root is known to calm and heal these common skin issues. Consumption of burdock has also helped many people with skin issues through its blood-cleansing and internal cooling abilities. Scientific studies have even shown that burdock extract can even improve the clinical signs of aging skin! One 2008 study showed that topical treatment with a natural burdock extract significantly improved the metabolism of the dermal extracellular matrix and led to a visible wrinkle reduction. (6) For good reason, we're likely to see burdock root being used more and more in skin care products, especially for mature and dry skin.

5. Defend Against Diabetes

Burdock root contains [inulin](#), a soluble and [prebiotic](#) fiber that helps improve digestion and lower blood sugar, making it an excellent choice for people trying to naturally manage their blood sugar. In Europe, the fresh root is used for lowering blood sugar, its inulin content making it particularly suitable for diabetes. Animal studies have also shown burdock root's ability to decrease the severity of diabetic complications, especially [diabetic retinopathy](#). (7)¹

Kelp:

- **Excellent source of vitamins and minerals:** Kelp has been shown to contain 46 minerals, 16 amino acids (the building blocks of protein) and 11 different vitamins. Prominent among the minerals are iodine, salt, iron, potassium, phosphorus and calcium. The lead vitamins in kelp are vitamin A and niacin.
- **Helps in Thyroid Gland Regulation:** Due to Kelps high levels of natural iodine, it is essential in regulating our thyroid hormones and therefore our metabolism and energy levels.
- **Kelp helps in hydration.** This may be particularly important to note when you have been ill or exposed to too much heat and sun. Make a soup or broth with kelp and rehydrate quickly.
- **Assists in Weight Management and [Weight Loss](#):** Due to kelp's iodine content and its role in thyroid function, one of kelps benefits is improving metabolism and energy. An iodine deficiency can slow your metabolic function by as much as 50 percent, so including kelp can naturally and significantly improve [weight loss](#) and other associated health problems.

¹ <https://draxe.com/burdock-root/>

- **Improves body pH:** Kelp is an alkaline food and therefore an essential part of maintaining acid base balance in the body and an effective component in a healthy acid-alkaline diet.
- **Protects against Radiation Poisoning:** Once again, due to kelp's high natural iodine levels, it prevents the thyroid from up-taking harmful levels of radioactive iodine present after a nuclear disaster. This has been particularly important since the recent nuclear fallout in Japan in 2011.
- **Cancer prevention:** particularly in estrogen sensitive cancers such as breast, endometrial and ovarian cancers.

Kelp is the most nutrient-dense of all the Essiac tea ingredients--and it isn't found in four herb formulas. ²

Red Clover: Fights infection, suppresses appetite, and purifies the blood. Has an expectorant, antispasmodic and relaxing effect. Good for bacterial infections, coughs, bronchitis, inflamed lungs, inflammatory bowel disorders, kidney problems, liver disease, skin disorders, and weakened immune system.³

Sheep Sorrel: Sheep sorrel (*Rumex acetosella*) is an herb that many Americans consider to be just a common weed, particularly in areas where blueberries grown. However, its medicinal uses have been known for quite some time. In fact, it has recently received extra attention for its use in a common cancer tea. Historically, sheep sorrel has been used to treat a variety of issues from inflammation and diarrhea to scurvy and cancer. What's interesting about this herb is that every single part of the plant can be used medicinally.

The sheep sorrel herb has been considered a rich source of vitamin C, E, beta-carotene, and other carotenoids. In fact, in "The New Healing Herb," sheep sorrel is cited as one of the most potent antioxidant herbs known. Currently, however, it is most well-known within the alternative cancer treatment community as one of the main ingredients in Essiac tea.

René Caisse, who popularized Essiac tea as a cancer cure, felt sheep sorrel was the most active cancer fighter among all the herbs present in her formula. That viewpoint was seconded by Dr. Chester Stock at Sloan-Kettering in New York. Dr. Stock studied sheep sorrel benefits for over three years in the mid-seventies. His conclusion was that sheep sorrel destroyed cancer cells in the body and inhibited metastasis by actually causing cancer cells to return to the original tumor site. Caisse believed that sheep sorrel, along with the other herbs in her tea, acted as

² <http://www.doctor-recommended-stress-relief.com/Kelp-Benefits.html>

³ Prescription for Nutritional Healing 3rd Edition

blood purifiers, carrying away destroyed tissue as well as infections thrown off by the malignancy. Finally, in 2012, the results of a study out of Hungary were published that showed that the Sheep Sorrel herb, and a number of its Sorrel relatives, demonstrated substantial cell growth inhibitory activity (at least 50% inhibition of cell proliferation) against one or more cancerous cell lines. Score one for the herbalists. It seems they've been right all along⁴

Slippery Elm Bark: Soothes inflamed mucous membranes of the bowels, stomach, and urinary tract. Good for diarrhea and ulcers and for treatment of olds, flus and sore throat, Beneficial for Crohn's disease, ulcerative colitis, diverticulosis, diverticulitis and gastritis.

Turkish Rhubarb Root: This detoxifying herb is world-famous for its healing properties. Rhubarb root purges the body of bile, parasites, and stagnating food in the gut by stimulating the gall duct to expel toxic waste matter. It has been shown to alleviate chronic liver problems by cleansing the liver. Rhubarb root improves digestion and helps regulate the appetite. It has also been shown to help heal ulcers, alleviate disorders of the spleen and colon, relieve constipation, and help heal hemorrhoids and bleeding in the upper digestive tract.

Anti-Cancer Properties of Turkish Rhubarb Root

Several of the molecules available from rhubarb root have potential effects on cancer cells. These effects have been observed on cells in the laboratory and in mice, but not in humans with active disease. As stated, the general anti-inflammatory and antioxidant effects of anthraquinones and tannins have cancer-fighting roles. In addition, though, anthraquinones have specific tumor cell killing capabilities. The most highly concentrated anthraquinone in rhubarb root, [emodin](#), prevents cell-cycle progression and induces cell death in cancer cells, with preference for cancer cells over healthy cells. Emodin has also been said to prevent cancer metastasis or spreading of cancer to different organs. Another anthraquinone in rhubarb root, [rhein](#), inhibits glucose uptake in cancer cells and alters cancer cells' cell membranes to induce death. Anthraquinones also can reduce radiation-induced lung damage while improving lung function in patients with lung cancer. And while rhubarb has reported cancer-fighting abilities as an individual herb, it is also a component of the popular alternative cancer treatment [Essiac tea](#), along with sheep sorrel, burdock root, and slippery elm bark.⁵

Watercress: Weight for weight, watercress contains more [vitamin C](#) than an orange, more [calcium](#) than [milk](#), more [iron](#) than [spinach](#) and more folate than [bananas](#).¹ Each phyto nutrient is where the health benefits of watercress are contained. These phyto nutrients and their benefits will now be discussed.

⁴ <https://jonbarron.org/herbal-library/herbs/sheep-sorrel>

⁵ <http://essiacfacts.com/turkish-rhubarb/>

Watercress [contains vitamin A](#), [vitamin B6](#), B12, iron, [magnesium](#), calcium, [phosphorus](#) which are all required for a healthy body.

Breast Cancer: Watercress has such effective cancer preventive phytonutrient that even eating a single salad shows increase of molecules into the body's circulatory system that may prevent and stop the recurrence of breast cancer.² Based on a study those who ate at least 80 grams of watercress on a daily basis were shown to have beneficial results.²

Another study on the anti carcinogenic abilities of watercress showed great benefit when added to the diet as a cancer preventive for stomach and lung cancer as well as breast cancer.³

Watercress is shown to be effective in reversing DNA damage to white blood cell.² This study of cigarette smokers who participated in eating 85g of fresh watercress daily had a 22.9 percent decrease in cellular structure damage.³ Also the cells were more able to protect themselves as shown when hydrogen peroxide was introduced to the cells and the damage was 9.4 percent lower than expected.³

These studies suggest that the phytochemical compound that gives watercress and other cruciferous vegetables is also what gives them their bitter flavor.³ This phytochemical stimulates the bodies' natural defense promoting cellular protection, The same study states that the anti-carcinogenic benefits may be from the antioxidants lutein and beta carotene since these were determined to be at elevated levels in the blood stream of participants.³ These studies conclude that there are benefits in the addition of watercress to the everyday diet including preventing the recurrence of breast cancer as well as preventing onset.³⁶

The combination of the above mentioned herbs in the proportions given by Native Americans to Renee Cassie, works to cleanse the entire body of toxins. But its main power is the ability to cleanse the area immediately around the tumor. When the toxins are removed from around the tumor, then the immune system can attack and destroy the tumor. This is the explanation of how Essiac works as given by Dr. Brusch.

**Using stainless steel or an enamel pot, pour 2 quarts of pure water into the pot. Heat water up to a boil. Add ¼ cup of powdered Essiac Herbs, which is about 1oz. and let simmer for 10 minutes. Let set for 8 hours and then pour the tea through a filter into 2 quart mason jars. Watch this video for further understanding: [How to Make Essiac Video](#)
https://www.youtube.com/watch?v=GeFLl3PDqrQ&feature=plcp&context=C30d8bffUDOEgsToPDskLeBjZWNMcntQw1tm8_kpJM**

⁶ <https://www.organicfacts.net/health-benefits/vegetable/watercress.html>
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How Much To Drink

An aggressive program would be to drink a minimum of 3oz - 3x per day.

A non-aggressive program would be to drink 3oz - 2x per day.

Essiac is safe to drink in large dosages, it is a food. If you feel the need to increase to higher dosages, feel free to increase to 32 oz. of Essiac Tea per day. A case history exists with a person using 32oz of tea per day and doing well.

1 - 4-oz. packet pre-measured powdered Essiac blended herbs

Pre-measured 4 oz. packets powdered eight-herb Essiac. Comes in individual sealed packets with instructions. Each packet prepares 1 gallon of Essiac tea. \$15.00

1 lb. (4 4-oz. packets) pre-measured powdered Essiac blended herbs

Pre-measured 4 oz. packets powdered eight-herb Essiac. Comes in individual sealed packets with instructions. Each packet prepares 1 gallon of Essiac tea. This order contains 4 packets and prepares 4 gallons of tea. 24-week supply of maintenance treatment for one person, or 8-week supply of aggressive treatment dose for one person. Popular size lasting 3-9 months for most children and animals. \$54.00 (saving of \$6.00)

1 lb. bulk eight-herb powdered Essiac blended herbs

Bulk powdered eight-herb Essiac. Comes in bag with instructions. 1 lb. blended eight-herb Essiac herbs for Essiac tea. 8-week aggressive treatment dose for one person, or 24-week maintenance treatment for one person. Popular size lasting 3-9 months for most children and animals. \$47.00. Buy 3 lbs. (\$127.00) you save \$14.00.

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