

Essiac Tea Brewing Instructions:

The following recipe is for making one gallon of tea using 1/2 cup (2 oz by weight) of Essiac tea herbs. You can make a smaller, two-quart batch by dividing this recipe in half, etc. It is best to make just enough Essiac tea to last about two weeks because Essiac tea is perishable and will eventually spoil in the refrigerator. You can increase the shelf life of Essiac tea by sterilizing all utensils, jars, rings, lids, etc. in a boiling water bath for at least 15 minutes. One can skip the sterilization step to save time and therefore one can make Essiac tea in small batches to drink it up quickly before it spoils.

- 1. Pour one gallon of unchlorinated water into pot and bring to a boil. (Optional: Add extra water to compensate for water boiling off and water absorption of herbs.)**
- 2. Reduce heat to a slow boil to prevent boiling over and then slowly stir in (with a wooden spoon) 1/2 cup (2 oz) of dried Essiac tea herbs to boiling water. Boil for 10 minutes (making sure it doesn't boil over). (To make a two-quart batch use 1/4 cup of herbs; one quart use 2 tbsp.)**
- 3. Scrape down the sides of the pot and allow the tea to sit, covered, in a warm place (room temperature) for 8 to 12 hours. Overnight works well.**
- 4. Reheat the tea in the covered pot until steaming hot, but do not boil it twice.**
- 5. Allow the tea to sit covered and undisturbed for several minutes so that the herbs will settle to the bottom of the pot.**
- 6. Place funnel and strainer on top of preheated canning jars. (If you don't have a funnel and strainer, you can use a glass measuring cup to pour the tea into the jars.)**
- 7. Carefully pour off (decant) the liquid from the pot into the canning jars so as to keep sediment out as much as possible. Screw the lids on, allow to cool and then refrigerate. The sediment can be used for poultices or can be**

discarded or composted. Some sediment at the bottom of jars is quite usual and acceptable.

SUGGESTIONS FOR DRINKING ESSIAC TEA

Pour 1 to 2 fl. oz. of the concentrated Essiac tea (1/8 to 1/4 cup) into a mug and add hot water, once or twice daily. Do not microwave the tea. Drink Essiac tea on an empty stomach.

Take the time to sip your Essiac tea slowly; don't gulp it down. According to THE ESSIAC BOOK, Essiac tea is more effective if one holds the tea longer in the mouth--the longer, the better. This is sometimes referred to as the sublingual method. "Sublingual" means "under the tongue". The capillaries under the tongue can absorb the medicinal qualities of sheep sorrel directly into the bloodstream.

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 so it is important to store in a cool, dry, dark place.