

# The Authentic, Original Essiac Tea Formula and Recipe & Frequently Asked Questions

The following formula is Rene Caisse's Essiac formula and recipe which Rene's best friend, Mary McPherson, filed, under Oath, with the Town of Bracebridge in 1994. This was also the same formula and recipe that Dr. Gary Glum published in 1988. For further information on Rene Caisse plus important tips on how to brew your own Essiac tea read the article "The Truth About Essiac: Rene Caisse and Her Herbal Cancer Treatment, Essiac".

[Important Note: The information below is for educational and research purposes and as a Natural Right and shall not be construed as medical advice. – Lanny Messinger, [www.HealthFreedom.info](http://www.HealthFreedom.info)]

CAVEAT EMPTOR (Buyer Beware): Any person or company selling "Essiac" tea that is not using this formula and these exact herbs is, unfortunately, deceiving the public. The formula below is a word-for-word transcription of Mary McPherson's affidavit:

6 ½ cups of burdock root (cut)

1 pound of sheep sorrel herb – powdered

1/4 pound of slippery elm bark – powdered

1 ounce of Turkish rhubarb root – powdered

Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.

Take a measuring cup, use 1 ounce of herb mixture to 32 ounces of water depending on the amount you want to make.

I use 1 cup of mixture to 8 x 32 = 256 ounces of water. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate over night (covered).

In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into sterilized bottles and sit to cool. Store in dark cool cupboard. Must be refrigerated when opened. When near the last when it's thick – pour in a large jar and sit in the refrigerator overnight – then pour off all you [can] without sediment.

This recipe must be followed exactly as written.

I use a granite preserving kettle (10 – 12 quarts), 8 ounce measuring cup, small funnel and fine strainer to fill bottles.

## Additional Tips and Information:

The preparation of Essiac is as important as the formula itself. Essiac is a **decoction**, not an infusion. An infusion is what people do when they put a tea bag in a cup of hot water. Generally speaking, an infusion tends to extract vitamins and volatile oils. A decoction is used to extract minerals, etc., from roots, bark or seeds by boiling for ten minutes and then allowing the herbs to steep for several hours. Entrepreneurs often sell Essiac imitations in tincture form (herbs in alcohol) or in gelatin capsules; neither form is Essiac because Essiac is a decoction.

People often substitute stainless steel for an enameled pot and lid. The main concern is not to use an aluminum pot. Also, be sure not to use chlorinated water. The formula above can be reduced to ½ cup of herb mix to one gallon of water or ¼ cup herb mix to ½ gallon water. [Optional: Dr. Glum suggests adding 2 or 3 cups of extra water to replace water lost through evaporation during boiling.]

After boiling for ten minutes, let the tea steep about 12 hours. Then heat up tea to steaming, but not boiling. (Boiling it twice will ruin it.) The remaining pulp can be used for healing poultices.

Don't use cheesecloth to strain Essiac as it is too fine. Likewise, do not use a kitchen sieve that has a very fine mesh as this may filter out the slippery elm. Slippery elm gives the tea a slight viscous [syrup-like] consistency when poured. If you do not notice this consistency after refrigerating your tea, you may be using a sieve that is too fine. Don't worry about herb particles in your Essiac; they will settle to the bottom of the jars. Some people drink the Essiac dregs, others don't. Some people give the Essiac dregs to their pets or farm animals. Many people have reported the same or similar health benefits with their pets that humans are reporting.

I have found from experience that it is best to refrigerate the Essiac tea as soon as it has cooled. Discard the tea if mold appears on the surface or if the tea does not taste right.

For preventative purposes, people usually take 2 oz. (¼ cup) per day diluted with about ½ cup hot water. Herbalists and naturopaths recommend increasing daily water intake due to diuretic and detoxifying action; it takes lots of water to detoxify. People who are using Essiac to treat an illness or to eliminate toxins sometimes take Essiac two or three times a day, depending on the situation. [Note: Rene Cassie recommended lower dosages, but she was using Essiac primarily to treat cancer. Today many people use Essiac to detoxify their bodies as well. We are exposed to a great deal more toxins in our environment and food today than when Rene operated her clinic in the 30s and 40s, so it appears the increase in today's dosages is well justified.] Although Essiac has a well-earned reputation for being non-toxic, 2 ounces (¼ cup) of Essiac taken three times each day is usually considered the maximum dosage. Take on an empty stomach. Do not eat or drink anything (except water) one hour before to one hour after taking Essiac; bedtime is usually recommended but it can be taken any time of the day.

## Frequently Asked Questions

### What is Essiac Tea?

Essiac is a four-herb tea which was developed by Canadian nurse Rene Caisse. Essiac tea is a decoction of burdock root, sheep sorrel, slippery elm and turkey rhubarb.

Rene Caisse tested the tea on mice and used it on cancer patients in her cancer clinic in Bracebridge, Ontario. She helped so many people with her tea that Essiac almost became an official cancer treatment. However, the bill to make Essiac an official cancer treatment failed by just three votes in the Ontario legislature. Rene Caisse called her tea "Essiac" – her surname spelled backwards.

### How to Make Essiac Tea

Essiac Tea Instructions by Lanny Messinger

I have been making Essiac tea for several years and have simplified the process as much as possible to save time and to make it easier for people new to Essiac to make the tea. The supplies for making Essiac tea can usually be found in your local hardware or grocery store in the canning supplies section. Do not use any aluminum utensils as aluminum can react with Essiac tea.

Supplies Needed: Enameled or stainless steel pot with lid. Canning jars, lids & rings. Strainer and funnel or a glass measuring cup.

The following recipe is for making one gallon of tea using one packet of my Special Blend Essiac Tea Herbs. You can make a smaller, two-quart batch by dividing this recipe in half. I have found that 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. There are about 60 servings in one gallon of Essiac tea. 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. I usually skip the sterilization step to save time and therefore I have to make Essiac tea in small batches so I can drink it up quickly before it spoils. I prefer to make it double-strength by using  $\frac{1}{4}$  cup dried herbs to one quart of water. The following steps show how to make about one gallon of Essiac tea.

1. Pour one gallon of unchlorinated water into pot and bring to a boil. (Optional: Add a couple extra cups of water to compensate for water boiling off and water absorption of herbs.)
2. Add the entire contents of one packet of Special Blend Essiac Tea Herbs to boiling water, cover and boil hard for 10 minutes. (To make a two-quart batch use one half of the packet, i.e.,  $\frac{1}{4}$  cup of herbs.)
3. Scrape down the sides of the pot and allow the tea to sit, covered, in a warm place for about 12 hours.
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. Screw the lids on, allow to cool and then refrigerate. The sediment can be used for poultices or can be discarded.

### **Directions for Drinking Essiac Tea**

Pour  $\frac{1}{4}$  cup Essiac tea (one serving) into a cup and add hot water according to your taste (about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of hot water). Do not microwave the tea. Drink Essiac tea on an empty stomach about one half hour before eating. Take the time to sip your Essiac tea slowly; don't gulp it down. For preventive purposes people usually drink  $\frac{1}{4}$  cup of Essiac tea once or twice daily. People with cancer and other serious ailments and people who are detoxifying often take 3 to 4 servings daily. Essiac tea is detoxifying so it is very important to drink plenty of pure water during the day and to have regular bowel movements. 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, dark place. If you have any questions, please e-mail me, Lanny Messinger, at [Lanny@HealthFreedom.info](mailto:Lanny@HealthFreedom.info), Sovereigns Health Freedom Network – <http://www.HealthFreedom.info>

### **How long does one gallon of Essiac tea last?**

How long one gallon of Essiac tea lasts depends, of course, on how much one drinks every day. For example, if a person just drank the minimum dosage of  $\frac{1}{4}$  cup (2 oz.) per day, one gallon (128 oz.) would theoretically last about two months. However, the tea would spoil in the refrigerator before two months are up. It is therefore better to make the tea in  $\frac{1}{2}$  gallon batches which should last about one month.

Cancer patients often choose to drink several servings of Essiac tea every day. So, for example, if someone drank three servings (3/4 cup or 6 oz.) every day, one gallon would last about three weeks.

### **What is the Recommended Daily Dosage for Essiac Tea?**

Essiac tea dosages depend on individual circumstances, body weight, etc. For preventive measures, I drink ¼ to ½ cup of Essiac tea (concentrated decoction) with about twice as much hot water every day. It is the first thing I do in the morning and I take my time sipping it. (Rene Caisse recommended drinking Essiac tea at bedtime on an empty stomach.) Cancer patients often report taking three to five ¼ -cup servings per day. Dr. Marijah McCain reported that one woman with breast cancer drank a quart of Essiac tea every day and successfully conquered her breast cancer. To learn more about Essiac benefits, safety and dosages read the Interview with Dr. McCain.

Rene Caisse recommended only one ounce of Essiac tea daily but it is not entirely clear how concentrated that one ounce of Essiac tea was. Apparently, she was concerned that people were using too much and wasting it as well as running a risk of "over-detoxification crises". Sheila Snow concurs with Rene on this issue. This may very well be a valid concern considering that many cancer patients are subjected to pharmaceutical drugs and their adverse side effects as well as chemotherapy and radiation. During detoxification toxins can be released into the bloodstream after being stored in fat tissue, etc. Therefore, it is not uncommon for people to experience some of the effects of these drugs and other toxins while they're being eliminated.

Should this phenomenon occur one can simply drink lots of water to assist in flushing out the toxins. I do not perceive that this phenomenon is necessarily a bad thing because one is now finally getting rid of the toxins that have been stored in the body. Hallelujah! One can also use a sauna to help flush the toxins out through the skin, provided one drinks lots of water and avoids becoming overheated or dehydrated. [Caveat: Saunas are not recommended for some conditions so a doctor's advice may be indicated.] I went through a 3-week intensive detoxification consisting of some running to jog the toxins out of fat tissue, mega-vitamins/minerals, and several hours every day of sweating in a sauna after jogging. I experienced this so-called over-detoxification phenomenon almost every day. Although there was some discomfort involved when toxins entered my bloodstream, at the end of this program my body was totally clean. I never felt better in my entire life and my vision even cleared up! Dr. McCain recommends simply cutting back on the amount of Essiac tea taken daily whenever this "over-detoxification" phenomenon occurs.

For over eight years Rene Caisse was providing Essiac for three to six hundred cancer patients every week! As I have found, Essiac tea takes a great deal of time to grow organically and wildcraft, process, cut, powder, store, prepare, etc., so perhaps she also may have had concerns about not having enough Essiac for everybody. Therefore, I think she would naturally want to economize on her Essiac herb supplies while providing just enough tea to produce positive results for each patient.

Also, in my opinion, we are exposed to a great deal more toxins in our environment compared to the middle of the twentieth century. I think we also need to consider that Rene Caisse was primarily treating cancer patients. Today we know that Essiac tea is good for so much more than just cancer treatment. We should also not forget that the individual Essiac herbs have been used as food for a very, very long time. That's right – food. Even today the Japanese and an increasing number of Americans are eating burdock root for dinner. Fancy restaurants offer sheep sorrel salad at high prices. Native Americans used slippery elm for food and for its health benefits long before the European invasion of this continent. Many people use garden rhubarb in pies, jams, etc. (However, Essiac tea uses the root of turkey rhubarb – not the stems.)

Can people overdose on food? Well, just look at the problem of obesity today in America. I would say that there are far too many people overdosing on unnatural foods such as white bread, candy, sugar-coated donuts, sugar-saturated sodas, etc., as well as overdosing on pharmaceutical drugs. The rise in cancer, heart disease and diabetes appears to be a good indicator of the prevalence of poor diets occasioned by junk food overdoses. By the way, sugar and refined carbohydrates feed cancer as well as yeast infections, etc. The fact that these degenerative diseases have not subsided in our society also demonstrates that pharmaceutical drugs are not the solution to the problem.

Therefore, for the above reasons and from my experience and Dr. McCain's experience, I don't think overdosing on Essiac tea is an issue of great concern. In fact, I think that if more people would trade in their donuts and soda pop for a cup or two of Essiac tea everyday, we'd see an observable rise in the health of America and all other countries who have adopted the Standard American Diet (SAD). To me, Essiac tea is just good food for good health. (And since it does not contain any sugar, you will not likely be inclined to drink excessive amounts of it.)

At the right dosage – and that will vary from person to person – Essiac tea can loosen and normalize bowel movements. However, if things get too loose one only needs to cut back on the tea until the stools are soft but not too loose. This ability to normalize bowel movements can be a real blessing to people who have been on low-fiber diets for long periods of time. There are well-known American herbalists who claim that most illnesses can be remedied simply by a thorough colon cleanse. I completed a thorough 7-day colon cleanse only to find that I didn't need to do it. My colon was already clean and normal just by daily use of Essiac tea. (It took me about a month to recover my strength after that intense 7-day colon cleanse.)

In conclusion I think that people just need to experiment a bit to find that daily dosage that is right for them as individuals. After all, our bodies are all different and the body's needs can change from day to day.

**The Authentic, Original Essiac Tea Formula and Recipe** (see above)

**Proof of the Authentic, Original Essiac Tea Formula**

Mary McPherson's Affidavit

This certified true copy of Mary McPherson's two-page affidavit was provided by the Commissioner of Affidavits of the Town of Bracebridge, Ontario. Mary McPherson's affidavit is the only verifiable, legal evidence of Rene Caisse's Essiac formula. (See web site for document: [www.HealthFreedom.info](http://www.HealthFreedom.info))

This evidence will hold up in a court of law because it is the only official evidence, under Oath, recorded for the public record in a government office, which gives the original, authentic Essiac formula. Mary McPherson knew the Essiac formula because she was the only person (other than Rene herself) who was allowed to make Essiac tea to give to Rene's cancer patients. This is the formula which helped so many cancer patients in Rene Caisse's clinic in Bracebridge, Ontario. It is true that Rene Caisse did experiment with various herb combinations throughout her life, but the affidavit below reveals the formula that she finally settled on after many years of experimentation with real cancer patients.

Whole Herb Essiac: Why is it important to include sheep sorrel roots in Essiac tea?

The following quotes came from letters written by Rene Caisse to Dr. Chester Stock of Memorial Sloan-Kettering Cancer Center regarding sheep sorrel solution for testing on mice. Here is what

Rene Caisse stated regarding the importance of using the whole sheep sorrel plant, including the roots:

"The reason I offered to send you more material was because I know you cannot get the entire plant. You can buy the crushed leaves but they are no good alone. I found this out when I needed so much, when treating three to six hundred people afflicted with cancer every week for eight and a half years. I do know that the whole plant is needed."

"I am very shocked at the way your people are using the materials I sent you. The way they are preparing it for injections is an absolute waste. They might as well inject sterile water... They are just using leaves and stems, leaving out the roots. They are a part of Essiac."

### **I Was Canada's Cancer Nurse**

Is Essiac tea effective against cancer? To answer this question let's first look at what Rene Caisse stated about the effectiveness of Essiac. After all, she is the only person in the medical field who has extensively researched Essiac (for over fifty years). It is also significant to note that she was not an herbalist per se. She was the head nurse of a mainstream hospital and she followed modern scientific methods by first using Essiac on laboratory mice. She later used Essiac on terminal cancer patients in her cancer clinic with the support of medical doctors.

The following excerpt is from Rene Caisse's own words in her publication "I Was Canada's Cancer Nurse":

"In the mid-twenties I was head nurse at the Sisters of Providence in a northern Ontario town. One day one of my nurses was bathing an elderly lady patient. I noticed that one breast was a mass of scar tissue, and asked about it.

"'I came out from England nearly 30 years ago.' she told me. 'I joined my husband who was prospecting in the wilds of Northern Ontario. My right breast became sore and swollen, and very painful. My husband brought me to Toronto, and the doctors told me I had advanced cancer and my breast must be removed at once. Before we left camp a very old Indian medicine man had told me I had cancer, but he could cure it. I decided I'd just as soon try his remedy as to have my breast removed. One of my friends had died from breast surgery. Besides, we had no money.'

"She and her husband returned to the mining camp, and the old Indian showed her certain herbs growing in the area, told her to make a tea from these herbs and to drink it every day. She was nearly 80 years old when I saw her and there had been no recurrence of cancer. I was much interested and wrote down the names of the herbs she had used. I knew that doctors threw up their hands when cancer was discovered in a patient; it was the same as a death sentence, just about. I decided that if I should ever develop cancer, I would use this herb tea.

"About a year later I was visiting an aged retired doctor whom I knew well. We were walking slowly about his garden when he took his cane and lifted a weed. "Nurse Caisse," he told me, "if people would use this weed there would be very little cancer in the world." He told me the name of the plant. It was one of the herbs my patient named as an ingredient of the Indian medicine man's tea!

"A few months later I received word that my mother's only sister had been operated on in Brockville, Ontario. The doctors had found she had cancer of the stomach with a liver involvement, and gave her at the most six months to live. I hastened to her and talked to her doctor. He was Dr. R.O. Fisher of Toronto, whom I knew well because I had nursed patients for him many times. I told him about the herb tea and asked his permission to try it under his observation, since there was apparently nothing

more medical science could do for my aunt. He consented quickly. I obtained the necessary herbs, with some difficulty, and made the tea.

"My aunt lived for 21 years after being given up by the medical profession. There was no recurrence of cancer. Dr. Fisher was so impressed he asked me to use the treatment on some of his other hopeless cancer cases. Other doctors heard about me from Dr. Fisher and asked me to treat patients for them after everything medical science had to offer had failed. They too were impressed with the results. Several of these doctors asked me if I would be willing to use the treatment on an old man whose face was eaten away, and who was bleeding so badly the doctors said he could not live more than 10 days.

"We will not expect a miracle," they told me. "But if your treatment can help this man in this stage of cancer, we will know that you have discovered something the whole world needs desperately – a successful remedy for cancer." My treatment stopped the bleeding in 24 hours. He lived for six months with very little discomfort.

"On the strength of what those doctors saw with their own eyes, eight of them signed a petition to the Department of National Health and Welfare at Ottawa, asking that I be given facilities to do independent research on my discovery. Their petition, dated at Toronto on October 27, 1926, read as follows:

'To Whom It May Concern:

'We the undersigned believe that the "Treatment for Cancer" given by Nurse R.M. Caisse can do no harm and that it relieves pain, will reduce the enlargement and will prolong life in hopeless cases. To the best of our knowledge, she has not been given a case to treat until everything in medical and surgical science has been tried without effect and even then she was able to show remarkable beneficial results on those cases at that late stage.

We would be interested to see her given an opportunity to prove her work in a large way. To the best of our knowledge she has treated all cases free of any charge and has been carrying on this work over the period of the past two years.'

(Signed by the eight doctors)

"I was joyful beyond words at this expression of confidence by such outstanding doctors regarding the benefits derived from my treatment. My joy was short-lived. Soon after receiving this petition, the Department of Health and Welfare sent two doctors from Ottawa to have me arrested for 'practicing medicine without a license'.

"This was the beginning of nearly 50 years of persecution by those in authority, from the government to the medical profession, that I endured in trying to help those afflicted with cancer. However, when these two doctors sent from Ottawa, found that I was working with nine of the most eminent physicians in Toronto, and was giving my treatment only at their request, and under their observation, they did not arrest me.

"Dr. W.C. Arnold, one of the investigating doctors, became so interested in my treatment that he arranged to have me work on mice at the Christie Street Hospital Laboratories in Toronto, with Dr. Norich and Dr. Lockhead. I did so from 1928 through 1930. These mice were inoculated with Rous Sarcoma. I kept the mice alive 52 days, longer than anyone else had been able to do, and in later experiments with two other doctors, I kept mice alive for 72 days with ESSIAC.

"This was not my first clinical experience. I had previously converted Mother's basement into a laboratory, where I worked with doctors who were interested in my treatment. We found that on mice inoculated with human carcinoma, the growth regressed until it was no longer invading living tissue after nine days of ESSIAC treatments.

"This was during the period when I was working on Dr. Fisher's suggestion that the treatment could be made effective if given by injection, rather than in liquid form, as a tea. I started eliminating one substance and then another; finally when the protein content was eliminated, I found that the ingredients which stopped the malignancy growth could be given by intermuscular injection without causing the reaction that had followed my first experiments with injecting mice. However, I found that the ingredients removed from the injection formula, which reduced growth of cancer, were necessary to the treatment. These apparently carried off destroyed tissue and infections thrown off by the malignancy.

"By giving the intermuscular injection in the forearm, to destroy the mass of the malignant cells, and giving the medicine orally to purify the blood, I got quicker results than when the medicine was all given orally, which was my original treatments until Dr. Fisher suggested further experiments and developing an injection that could be given without reaction.

"I well remember the first injection of the medication in a human patient. Dr. Fisher called and said he had a patient from Lyons, New York, who had cancer of the throat and tongue. He wanted me to inject ESSIAC into the tongue. Well, I was nearly scared to death. And there was a violent reaction. The patient developed a severe chill; his tongue swelled so badly the doctor had to press it down with a spatula to let him breathe. This lasted about 20 minutes. Then the swelling went down, the chill subsided, and the patient was all right. The cancer stopped growing, the patient went home and lived quite comfortably for almost four years.

"At the time I first used my treatment on terminal cancer cases – or cancers that did not respond to approved treatment referred to me by the nine Toronto doctors – I was still nursing 12 hours a day, the customary work day for nurses then. I had only my two-hour rest period and my evenings to give to my research work and my treatments.

"I decided to give up nursing, to have more time for my research and treatment of patients. Doctors started sending patients to me at my apartment and I was treating about 30 every day.

"I now felt I had some scientific evidence to present that would convince the medical profession my treatment had real merit. I made an appointment with Dr. Frederick Banting of the Banting Institute, Department of medical Research, University of Toronto, world famous for his discovery of insulin. After reading my case notes, and examining pictures of the man with the face cancer before and after treatment, and x-rays of other cancers I had treated, he sat quietly for a few minutes staring into space.

"'Miss Caisse,' he finally said, turning to look me straight in the eyes, 'I will not say you have a cure for cancer. But you have more evidence of a beneficial treatment for cancer than anyone in the world.'"

## **Will Essiac Tea alone cure cancer?**

By Lanny Messinger

The answer to this question is a matter viewpoint. It is my viewpoint that no herb "cures" anything. Drugs also do not cure anything. Drugs are usually just used to treat the symptoms of disease and they often have very negative side effects.



It is actually the human body that "cures". Medicinal herbs, natural foods and supplements are merely tools which the body uses to remedy situations in which the body is out of balance. The physiological functions of the human body are extremely complex and "modern science" is just beginning to understand how the body uses food to manufacture specific compounds for an incredible number of microbiological functions to maintain health and keep our bodies from succumbing to bacteria, viruses, pollution, genetic weaknesses, etc.

Furthermore, it is not just the physical body that cures. Our mental, emotional and spiritual state of being plays a significant role in creating a condition of health or a condition of disease. We can decide to put toxic and destructive substances in our bodies such as tobacco, junk food, alcohol, sugar, etc., or we can decide to put pure water and fresh, organic food in our bodies and get plenty of exercise and fresh air. The choice is ours to make as individuals. For example, I provided Essiac tea to a friend who smoked cigarettes. She initially reported feeling better taking the tea everyday. However, she chose to continue smoking and then quit drinking Essiac tea. She later died of lung cancer. Although herbs can help alleviate side effects of unhealthy habits, it is not realistic to continue such habits believing that herbs will somehow magically cancel them out.

Essiac tea is food. The four herbs in Essiac tea have been used as food and medicine since time immemorial. More specifically, it is a very good natural food that addresses many of the conditions that plague modern society such as pollution, toxic food and water, over-processed food, unnatural food additives, unsustainable farming practices that use toxic substances to control pests and "weeds", etc. Before the industrial revolution people ate foods more directly from Nature and our bodies have genetically evolved with these natural foods. In the past hundred years or so "modern science" has brought us unnatural chemicals and products that our bodies have never had to process before. Consequently, degenerative "diseases" such as cancer, heart disease and diabetes are at all-time highs.

Therefore, in my opinion anyone with cancer or other serious illness should look at how they can improve their diets overall because no vitamin, mineral, amino acid, flavonoid, enzyme, antioxidant, etc., functions alone. People should not rely on Essiac alone because we need all the nutrients that Nature has provided for human bodies for a very long time.

Mainstream medical doctors are not trained in nutrition and medicinal herbs. Unfortunately, they are trained in prescribing drugs from powerful pharmaceutical corporations and these drugs often have insidious and often devastating side effects. Over 100,000 people die every year from FDA-approved pharmaceutical drugs and millions more suffer adverse side effects from these drugs. Therefore, medical doctors often do more harm than good. If I had cancer or other serious illness I would seek out a competent naturopathic doctor, nutritionist and/or herbalist to find out what specific nutrients my body may be requiring and start on a strict nutritional program which would also include exercise, fresh air, meditation, visualization and positive thinking. I would discontinue any habits destructive to my health and I would give my body the tools it needs to maintain health. I consider Essiac tea to be one of those tools and that is why I drink it every day.

In the words of Thomas Edison:

*"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."*

The book *Herbal Medicine, Healing & Cancer* by Donald Yance is a very good reference for learning about many of the healing foods and supplements used for cancer treatment.

## **Origin of the Essiac Formula**

Rene Caisse did not obtain her Essiac tea formula directly from an Indian medicine man. Rene emphatically stated: " I want this clearly understood. I did not get my treatment from an Indian. In fact I never saw an real Indian in my life." In 1922 Rene Caisse was working in a northern Ontario hospital when she met an English woman who had been cured of breast cancer by an herbal tea in the 1890s. The English woman told Rene Caisse that she had gotten the formula from a native American and Rene Caisse wrote down the herbs. She experimented with the formula, tested it and eventually refined the formula in her cancer clinic in Bracebridge, Ontario. The Essiac formula was apparently inspired by a native American "medicine man", but no one has provided any verifiable evidence of what the original native American formula was.

## **Is Essiac an Ojibway Formula?**

Essiac was apparently inspired by an herbal formula from a native American man, but no one knows for sure what tribe he belonged to. There are many claims on the Internet that Essiac is an "Ojibway" tea, but these claims are unfounded and made by people who may be more concerned with marketing a product than earnestly researching the facts. There were a number of tribes living in the Ontario region in the late 1800s, but there is no evidence that this man was a member of the Ojibway nation. However, it is certainly possible that this native herbal healer was Ojibway.

<http://www.healthfreedom.info/ESSIAC%20FAQ.htm>