This is the Essiac tea recipe that was entered into the public domain by Mary McPherson, Rene Caisse's friend and helper, in 1994. The basic process for making the Essiac tea decoction involves a 10-12 hour steeping time. The herbs are boiled, covered, for 10 mins., left to steep at room temperature, or cooler, then re-heated to steaming hot, decanted into hot jars, allowed to cool, and stored in the refrigerator. One quart of decoction will supply one person taking two oz. per day 6 days per week, for approx. 2 1/2 weeks. The shelf life is 2-3 weeks, and often longer, with good sterilization technique.

**Supplies needed:** Enameled, glass or stainless steel pot with lid. Canning jars, lids & rings (optional: brown bottles). Funnel and strainer (optional) or a glass measuring cup.

Do not use any aluminum or Teflon utensils. It is best to make just enough Essiac tea to last about two or three weeks because it is perishable and will eventually spoil in the refrigerator. The one ounce packet contains enough herbs to make two quarts of decoction, the 2 oz. size contains enough to make one gallon, the 4 oz. size enough for two gallons, and the 8 oz. size is enough to make four gallons.

You will increase the shelf life of Essiac tea by thoroughly sterilizing all utensils, jars, rings, lids, etc.

**Ratios:**

- Approx. 1/2 cup herbs (2 oz. weight) per gallon of unchlorinated water
- approx. 1/4 cup herbs (1 oz. weight) per 2 quarts water;
- approx. 2 Tablespoons herbs (1/2 oz. weight) per quart of water.

**Optional:** You may add 3/4 - 1 cup of extra water per quart of water, to compensate for boil-off.

**Preparation:**

1. Put water into pot and bring to a boil.
2. Add herbs to boiling water and boil, covered, at a medium rolling boil for 10 minutes.
3. Remove from heat, scrape down the sides of the pot and allow the tea to sit, covered, room temperature, for 10-12 hours. Do not steep for longer than 18 hrs.
4. Stir, put the lid back on, and heat the tea in the covered pot until steaming hot, but not boiling.
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. (Alternately, 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. Some sediment will be in the bottom or the jars - this is completely normal. Do not strain the sediment out with anything finer than a kitchen sieve - do not use cheesecloth.

8. Screw the lids on, allow to cool and then refrigerate. The rest of the sediment remaining in the kettle can be used for poultices (add powdered slippery elm bark for a more paste-like consistency) or can be discarded.

Directions for Drinking Essiac Tea

- **Dosage:** Pour 1 to 2 oz. (2 to 4 Tablespoons/1/8 to 1/4 cup) Essiac decoction into a cup and add double the amount of hot water (1/4 to 1/2 cup), one to two times per day. Can also be taken cold or warm. Essiac is not toxic in larger doses, but Rene Caisse did not recommend more than a maximum of 4 oz. per day.

- **Do not microwave the tea.**
- Drink Essiac tea slowly on an empty stomach and allow enough time for it to digest before eating or drinking anything else (at least 1/2 hour).

  **Do not use Essiac to wash down other medications.**

- Take time off from Essiac periodically (one day/week, one weekend/month, one week every three mos., and so on).
- 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 - refrigerate decoction, and store dry herbs in a cool, dark, dry place.