



## Blue Moon Herbs/ReneCaisseTea.com 2016 Price list/mail-in order form

Item name	Description	Units	Unit price	Total
<b>HERBS AND SEEDS</b>				
Blue Moon Herbs Essiac Tea herbs – Sheep sorrel content 50% whole herb	10g - \$7, 2 oz. - \$26, 4 oz. - \$46		from \$5	
Pau d'Arco	Rainforest herb - 8 oz.		<b>\$10</b>	
Essiac Seed kit	Sheep sorrel, burdock, slippery elm and turkey rhubarb seeds + growing guide		<b>\$20</b>	
Sheep sorrel seed, bulk	½ oz. - \$10, 1 oz. - \$18		<b>\$10/1/2 oz. \$18/1 oz.</b>	
South Shield Tea – Essiac with red clover root	½ oz.		<b>\$18</b>	
East Shield Tea – Essiac with goldthread	½ oz.		<b>\$18</b>	
<b>BOOKS</b>				
<i>The Complete Essiac Essentials</i>	Sheila Snow and Mali Klein, Softcover, 2010, 182 pages		<b>\$21</b>	
<i>Black Root Medicine the Original Native American Essiac Formula</i>	Mali Klein, Softcover, 2014, 54 pages		<b>\$12</b>	
<i>I Was Canada's Cancer Nurse</i>	Beautiful full-sized copy		<b>\$12</b>	
<b>TEA-MAKING SUPPLIES</b>				
1 fl. oz. measuring cups	equivalent to 30 ml, or 1/8 cup		<b>\$4.00</b>	
Timers	black - \$11, beige, blue - \$12, yellow - \$14, red- \$15		<b>from \$11</b>	
Kuchenprofi funnel with strainer	Made in Germany, mouth size in between wide and narrow – unique & very high quality!!		<b>\$24</b>	
Narrow mouth funnel with strainer	Norpro brand - works well with amber bottles ("Boston rounds")		<b>\$9</b>	
Micro mini Tea kit	6 oz. ceramic mug with Blue Moon Herbs logo and 10g packet of Essiac herbs		<b>\$14</b>	
Mini tea-making kit	Includes 1.9L (2 qt.) pot with lid with built-in strainer, spoon, 1.5 oz. measuring cup, three 10g packets of Essiac herbs, 1 Quattro Stagioni bottle		<b>\$58</b>	
<b>Mail in your order – visit our online store for a full listing and internet specials - or phone your order in! (406) 883-0110</b>				
<b>Shipping is by USPS Priority mail, First Class International for larger parcels</b> <b>Canadian orders up to \$50 - 1st class - \$16 -, OR choose Priority - \$22 - on any size order.</b> <b>US orders totaling up to \$9.99 - \$5; \$10-\$64 - \$8; \$65-\$149 - \$11 - Free Shipping on US orders \$150 and over!</b> <b>All international orders outside Canada up to \$100 - \$36; \$101 or more - \$46.</b>			<b>Subtotal</b>	
			<b>Shipping/handling</b>	
			<b>TOTAL</b>	
<div> <div> Payment information  checks, cash and cards accepted!  Card type _____  Card No. _____  Exp. Date _____  Name on card _____ </div> <div> Shipping address:  Name _____ email _____  Address _____  City and State/Province/ Postal Code _____  Country _____ Phone _____  <b>Mail order to: Blue Moon Herbs PO Box 1317 Polson MT 59860</b> </div> </div>				

## HOW TO MAKE ESSIAC TEA

Essiac tea is a decoction, or concentrate – it is boiled, steeped overnight, re-heated to steaming hot and decanted into jars for storage in the refrigerator. The shelf life of an opened jar is 2-3 weeks. Recommended dosage: 1-2 fl. oz. per day of the decoction, diluted in 2-4 oz. hot water. One quart of the decoction contains approx. 16 2-oz. servings. Supplies Needed: Enameled, glass or stainless steel pot with lid, canning jars, lids & rings (optional: brown bottles), funnel and/or a glass measuring cup, strainer, spoon. Do not use any aluminum or Teflon utensils. You can maximize the shelf life of Essiac decoction by thoroughly sterilizing all utensils, jars, rings, lids, etc. Making a small amount at a time is an easy option that does not require such stringent sterilization technique since the decoction will be consumed fresh. Use unchlorinated water to make the tea, neutral pH is optimal.

**Step 1.** Put water into pot and bring to a boil. Add herbs to boiling water and **cook, covered, at a medium boil for 10 minutes.** Smaller quantities {2 quarts or less} will need to be simmered more slowly and watched carefully, to avoid boiling off too much liquid.

**to make one gallon:** add **2 oz. (57g) herbs** (approx. ½ cup) to **5 – 5 1/2 quarts boiling water.**

**to make one quart:** add **1/2 oz. (14g) herbs** (approx. 2 Tablespoons) to **5 – 5 ½ cups of water.**

**Note: For most of her life, Rene Caisse used an Imperial Quart measure, which is 40 US fl. oz. (the US quart is 32 fl. oz.) - our proportions are based on this quantity.**

**Step 2.** Remove kettle from heat, scrape down the sides and **allow the decoction to sit, covered, room temperature or cooler, for 10-12 hours** (no more than 18 hrs.)

**Step 3. ...Approximately 12 hrs. later: Prepare the jars or bottles for decanting the decoction into and begin to gently re-heat the decoction.** If only making one jar, you can wash the jar and utensils in hot soapy water, rinse well and fill with boiling water to keep it hot till you are ready to add the decoction. If making a larger batch, the jars can be sterilized by boiling in a canning kettle or large pot for ten minutes. **(Be sure to also sterilize spoon, funnel, strainer, measuring cup, etc. when making more than one jar).**

**Step 4. Re-heat the tea until steaming hot, but not boiling. Keep covered.** After decoction is steaming hot, turn off heat, let herbs settle (approx. 10 mins.). Place funnel and strainer on top of preheated canning jars and pour (decant) the liquid from the pot into the jars. (If you don't have a funnel and strainer, simply pour carefully. The coarse mesh strainer ensures that the finer sediment remains in the decoction. **Do not use cheesecloth, coffee filters, etc.** It is optimal to have up to ½ inch or more of sediment in the bottom of the jar. 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). The sediment can also be used in a cotton drawstring bag in the bath, or you can simply discard it. **Store any unused dry herb mix in a glass jar or in its foil pouch in a cool, dark, dry place.**

## DIRECTIONS FOR TAKING ESSIAC TEA

<b>1 fl. oz. = 30ml = 1/8 cup = 2 Tablespoons ♦♦♦ 1/2 oz. (weight) dry mix = 1 (fluid) oz.</b>
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Dosage: 1 – 2 Fl. oz. decoction per day, in 2 – 4 fl. oz. water (any temperature), with occasional days off. Essiac is often taken at bed-time but it may be taken at any time on an empty stomach. Do not add any sweeteners and refrain from eating or taking any medications within ½ hr. after so the herbs can be digested optimally. **Do not re-heat the decoction – heat the water** (Do not microwave). Pour 1 - 2 fl. oz. decoction into cup and add 2 - 4 fl. oz. hot water, or more to fill the cup. According to personal preference, the sediment in the jar can be shaken up and consumed as part of the tea, or for a clear tea, pour carefully and do not disturb the sediment. Suggested dosage – 1-2 oz. Essiac per day. 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). You can split into two servings, or take all at once. Can also be taken cold. Essiac is not toxic in larger doses, but Rene Caisse only recommended ½ - 1 oz. per day and did not recommend more than a maximum of 4 oz. per day for more than a few days before cutting back again. **Do not microwave the tea.** Take time off from Essiac periodically (one day/week, one weekend/month, or one week every three months, for example). Discard Essiac tea if it tastes sour or if white mold appears floating on the surface. Essiac herbs and tea are light and heat sensitive – refrigerate decoction, and store herbs in a cool, dark, dry place. For more information see ***The Complete Essiac Essentials* book (2010, Sheila Snow/Mali Klein) and *Black Root Medicine the Original Native American Essiac Formula.* (2014, Mali Klein).**

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**ENJOY YOUR ESSIAC!**