**ABOUT THE TEA**

Rene Caisse was a Canadian nurse who developed a simple herbal formula from the original eight herb recipe given by a Native American herbalist to one of her patients as a remedy for breast cancer, at the end of the nineteenth century.

The tea consists of four organic herbs: sheep sorrel tops and root, burdock root, turkey rhubarb root and slippery elm bark, and has a long track record for supporting the body holistically during cancer. However, the tea may also benefit those diagnosed with other chronic illness, including diabetes and osteoarthritis. Testimonials on the benefits of the tea may be requested from the Clouds Trust.

The tea may be given to children and animals – please contact us for dosages. It is generally safe to use alongside many medications but you should always check any potential drug-herb interactions before use.

***Please note that the tea does not replace conventional medical treatment***

For detailed information on the herbs, please request our separate Herb Information leaflet.

Each **15 g monthly pack** consists of approximately:

8 g chopped burdock root

5 g ground sheep sorrel leaves and stems

1.5 g ground slippery elm bark

300 mg ground turkey rhubarb root

300 mg ground sheep sorrel root

**Store dried herbs in a cool, dark, dry place and use before the “Use by” date.**

**INGREDIENTS**

* One 15 g pack of tea
* 1.5 litres of bottled or filtered water

**EQUIPMENT**

You will need:

* 1 enamel/glass/stainless steel cooking pan with well-fitting lid
* 1 heatproof glass measuring jug
* 1 stainless steel kitchen sieve
* 1 stainless steel cooking spoon for stirring
* Either 3 x 500 ml or 5 x 300 ml amber glass bottles with lids (available from a pharmacy)

**Before you make the tea, sterilise all equipment used for making and storage:**

* Sterilise the pan, tops, sieve and spoon: boil in the pan with the lid on for 10 minutes.
* Sterilise the bottles and measuring jug by boiling as above or heating them in the oven at 150 C/300 F/gas 2 for 20 minutes.
* You can use Milton or any other baby sterilising solution but remember to rinse equipment in cooled, boiled water at least 3 times before use.

**MAKING THE TEA**

**Stage One**

* Pour 1.5 litres of filtered or bottled water into the pan, bring to the boil and add dried herbs.
* Simmer with the lid on for 10 minutes.
* Remove pan from the heat and stir thoroughly with the spoon
* Allow tea to cool in the pan, covered, for 10 to 12 hours.

**Stage Two**

* Reheat the tea to steaming hot. DO NOT REBOIL.
* Strain the tea through the sieve into the measuring jug. Do not filter.
* Pour the strained tea into the bottles. Some sediment may settle at the bottom of the bottles.
* Seal the bottles well with the lids.
* Cool the sealed bottles quickly by standing them in bowls of tepid water.
* Refrigerate the bottles once they have cooled.

**DOSAGE**

* **Therapeutic dose** – for rebalancing health: dilute 30 ml tea with 60 ml hot water and sip slowly once a day
* Take the tea on an empty stomach. Do not eat for one hour before or two hours after taking the tea. Many people find it easiest to take the tea at bedtime.
* **Do not take the tea at the same time as other medication.**
* **Maintenance dose:** dilute 15 ml tea with 60 ml hot water once a day. For long-term and preventative use

**GENERAL TIPS FOR USING THE TEA**

* When using the tea over a long period, you can take a week off every two months, which may help to enhance the body’s response to the tea.
* Poultices may be made by placing the strained off, residual herbs into sterile dressings and applying externally to wounds and visible swellings.
* Sheep sorrel is also provided separately by the Clouds Trust for use as an enema, douche or gargle, in order to enhance the effect of the herbal tea. Please contact us for details.

**FURTHER INFORMATION ON THE TEA**

* **Mali Klein (2006) *The Essiac Book.* Guage Ltd.** Detailed information about the herbs and the essiac tea, including various recipes and lifestyle tips.

*Available through the Clouds Trust.*

*Suggested donation £8 plus £2 P&P.*

* **Sheila Snow & Mali Klein (1999) *Essiac Essentials.* Gill & Macmillan, Dublin.**

Detailed information about the Rene Caisse Herbal Tea, the herbs and background story.

***Not available through the Clouds Trust***

* **Sheila Snow & Mali Klein (2001) *Essiac, the Secrets of Rene Caisse’s Herbal Pharmacy.* Gill & Macmillan, Dublin.**

Further details about the herbs as well as an excellent Frequently Asked Questions section, and uplifting testimonials.

***Not available through the Clouds Trust***

*The above books may be available through www.amazon.co.uk or other bookshops*