

## HOW TO MAKE ESSIAC TEA

Essiac tea is a decoction, or concentrate – to be boiled, steeped overnight and stored in the refrigerator. The shelf life of an opened jar will be approximately 3 weeks. **Supplies needed:** Enameled, glass or stainless steel pot with lid, canning jars, lids & rings (Optional: brown bottles), funnel and strainer, steel ladle or glass measuring cup. Do not use any aluminum or Teflon utensils. You can maximize the shelf life of Essiac tea by thoroughly sterilizing all utensils, jars, rings, lids, etc. Making a small amount at a time (2 jars or fewer) is an easy option that does not require such stringent sterilization technique.

**Step 1. Preparation.** Essiac will boil over so choose the right size kettle.

**Use a 6-Qt. kettle to make one gallon, adding 2 oz. herbs (57g, approx. ½ cup) to 5 – 5 ½ quarts boiling water.**

**Use a 2-Qt. kettle to make one quart/litre, adding 10g herbs (approx. 2 Tablespoons) to 4 ½ cups boiling water.** Use unchlorinated water to make the decoction; neutral pH is optimal.

**Step 2. Cooking.** Put water in kettle and start heating. When water has come to a boil, add herbs, stir, cover and simmer at a medium boil for 10-12 minutes.

**Step 3. Steeping.** Turn off heat, scrape down the sides of the pot and allow the tea to sit, covered, room temperature or cooler, for 10-12 hrs. (no more than 18 hrs.)

**Step 4. Preparation for decanting into jars.** After the steeping time has run, prepare the jars or bottles. **Small amounts: (1-2 jars)** – wash with utensils in hot soapy water, rinse well. Fill jar(s) with boiling water to keep hot and cover with a clean cloth until ready to use. **Larger amounts:** jars and utensils can be sterilized by boiling in a canning kettle or large pot(s) for ten minutes. Leave immersed in the hot water until used. After the jars are ready re-heat the tea in the covered pot until steaming hot, but not boiling. Turn off heat and allow the tea to sit covered and undisturbed for several minutes so that the herbs will settle to the bottom of the pot.

**Step 5. Strain the liquid from the kettle into the jars** using a funnel with a strainer, a kettle with a pouring spout and slotted lid, or by pouring carefully. It is completely normal to have sediment in the bottom of the jars even with straining. **Do not use cheesecloth or coffee filters to strain as this filters too much – it is normal to have up to ½ inch or more of sediment in the bottom of the jar. Screw the lids on, allow to cool, then refrigerate.**

**The sediment left in the kettle** can be used for poultices, adding powdered Slippery elm bark for a paste-like consistency, added to a cotton drawstring bag for an Essiac 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.**

***Note:** For most of her life, Rene Caisse used Imperial measures (i.e., 1 quart = 40 US fl. oz., in contrast to the US quart which = 32 fl. oz.) Our proportions are calculated on Imperial quart measures.*

## DIRECTIONS FOR TAKING ESSIAC TEA

**1 fl. oz. = 30ml = 1/8 cup = 2 Tablespoons ♦♦♦ 1/2 oz. (weight) dry mix = 1 (fluid) oz.**

**Suggested serving:** 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. You can split into two servings, or take all at once. 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). **To make one serving:** Pour 1 to 2 fl. oz. decoction into cup and add 2 to 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. Essiac 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!**