

Essiac Tea Blend Recipe

6 cups burdock root, cut

1 pound sheep sorrel, powder

¼ pound Slippery elm bark, powder

1 oz. Turkey rhubarb, powder

To make the concentrate:

In the evening bring 3 quarts of water to boil, remove from heat and add ¼ cup of Essiac Blend. Cover and let set over night or 10 hours in the covered pot.

The next morning bring the tea to an almost boil and stir well, remove from heat again and allow to cool and herbs to settle. Strain and pour carefully into amber colored glass and store in the refrigerator. This should be enough for 1 person to last for 2 weeks.

To make the tea:

Put 4 Tablespoons or 2 oz. of Essiac concentrate in a tea cup. Add enough hot water per cup to fill. This warms the tea perfectly.

First thing each morning and last thing at night drink tea on an empty stomach.

Tip: I do not expect to strain all the tea as the slippery elm won't go through my strainer at all. I pour off the top of the tea and let the remaining settle again and try to pour off more. I still use the "this stuff" but it is not quite as enjoyable to drink.

