

Cancer Fighting Essiac Tea Recipe

INGREDIENTS



1 ½ pounds cut
burdock root



1 pound powdered
sheep sorrel



¼ pound powdered
slippery elm



1 ounce powdered
Turkish
rhubarb root

Mix all 4 herbs.

For a quart of tea, add 1 ounce of herbal blend.
For a gallon of tea, add 4 ounces of herbal blend.

Bring water to boil in a steel or cast iron pot.
Add herbs and boil for 15 minutes. Cover with
a tight lid & steep at least 12 hours.

The following day, reheat the water but do
not boil. Allow to settle, then strain out herbs.

Refrigerate and use as recommended here.



For general health,
drink ½ ounce of tea
in 2 ounces of water
once daily (on an empty
stomach at bedtime is
ideal). To fight disease,
gradually increase to 1
ounce of tea in 2 ounces
of water once daily.

DIRECTIONS

Recipe For Essiac Tea

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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