



EssiacSales.eu.com

The Essiac Tea Company - On-line Organic Supplier

Healing Herbs for your Immune System

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BREWING INSTRUCTIONS

It is best to have all the equipment ready before you begin.

EQUIPMENT

- Large cooking pot made from enamel (un-chipped), heatproof glass, stainless steel - the lid **must** be well fitting to avoid loss of content through the steam. It is also more hygienic. Enamel (must be un-chipped) is a good choice in the long term.
- It would be best, but not strictly necessary, to keep a pot just for brewing the Essiac tea. Do **not** use aluminium or Teflon to avoid any contamination / alteration of the herbal energy.
- | Stainless steel sieve
- | Large heatproof glass measuring jug
- | Stainless steel spoon for stirring
- | Glass containers for storing the tea, i.e. preserving jars with new rubber seals
- | Accurate metric weighing scales
- | Enamel / stainless steel funnel (for bottling up)
- | Do not use tap water straight from the tap. Use filtered or spring water.
- | All equipment used for preparation must be sterilised carefully to ensure safe storage for the Essiac tea. In fact ensure room is well clean too.
- | All bottles / containers used should be treated as if you were making jam, not wine. Metal lids are best for sterilisation purposes.
Methods for sterilisation are:
 - heating in the oven
 - steaming in the oven
 - using a steam steriliser
 - immersing in pot of boiling water on the stove
 - using chem. preparation for sterilising baby bottles -imperative to rinse thoroughly following the instructions prior to filling them

Do not use wine-making sterilising fluid, bleach or sodium metabisulphite for sterilising. The chemicals are harsh and may alter the taste & synergy of the tea.

Sterilise and get all utensils ready prior to brewing, and get the bottles ready before you are ready to do the bottling up.

BREWING INSTRUCTIONS

There is 60 g of Essiac herbs in the bag you purchased from Essiac.Sales.Eu.Com to allow for some spillage when measuring up the herbs prior to preparing. You can also simply use 1/3 of the pack for each 1.5 litres portion.

1. Boil the appropriate amount of spring water in large pot. Measure the herbs using the information given here for the herb/water ratio.

1.5 litres of water + 15 g Essiac herbs = 1.5 litres of Essiac tea (1 months supply)

3.0 litres of water + 30 g Essiac herbs = 3.0 litres of Essiac tea (2 months supply)

4.5 litres of water + 45 g Essiac herbs = 4.5 litres of Essiac tea (3 months supply)

2. When the water boils put in the herbs. Simmer for 10 minutes, stirring very occasionally. Keep the lid on whilst preparing it to avoid losing volume through steam.
3. Leave tea in pot, turn off heat, and let the mixture steep at room temperature for a minimum of eight hours. Overnight is ok. After a while give it a stir with the sterilised stainless large spoon.
4. Bring to the boiling point without letting it boil – let it ‘smile’ for 10 minutes. Turn off the heat, and leave to settle for a few minutes.
5. Scrape the herbs off the sides of the cooking pot.
6. Strain the liquid through a steel fine sieve to sieve off the herbs. **Do not** use a fine mesh or cheese cloth as you will lose some of the slippery elm bark, which is finely powdered.
7. Pour the tea into sterilised bottles using glass / stainless steel tools, put the lids on, cool quickly down and refrigerate. Do not leave to stand in warm kitchen.
8. When cleaning the bottles and cooking implements use **NO** baking / soda powder, **ONLY** boiling water to avoid contamination of the Essiac tea.
9. It is important to store the finished Essiac tea in the correct way. It must be kept at a temperature not exceeding 15 deg. C. to ensure that the Essiac Tea keeps well. Remember, there is no alcohol in the brew to help preserve it so the preparation method and storage is very important.

The tea is best taken at bedtime as it will then have plenty of time to do its work while you are asleep and Essiac aids good sleep.

For maximum benefit ensure you have not eaten anything 2 hours prior to drinking it and eat nothing for an hour after. Enjoy.