



EssiacSales.eu.com

The Essiac Tea Company - On-line Organic Supplier

Healing Herbs for your Immune System

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HOW TO TAKE ESSIAC TEA

Dosage - Take on its Own

Dosages depend on your reason for taking Essiac. The following is a guide. You can adjust the dosage size according to your individual needs and tolerances. All doses should be taken on an empty stomach, two hours after eating and with nothing taken for another hour. Take at bedtime for best results, it aids good sleep.

Do not use the Tea to wash down any medication. This is important as it preserves the synergy of the Essiac Tea. Take any tablets separately with a glass of water.

Dosage - 1 oz / 30 ml daily - for treating Cancer & Other Serious Conditions

Rene Caisse recommends using 1 oz/ 30 ml a day diluted with 2 oz / 60 ml of hot water for serious conditions like cancer and other serious conditions. This is still a very good choice for your daily dose. Essiac could be seen on par with homeopathic remedies where more is not necessarily better as it works on a very subtle level. It could also overload your system if the cleansing effect was too fast for the body to deal efficiently with the effects.

Body size & Dose

The amount you choose to take is dependent on a number of factors like:

- 1 Seriousness of condition
- 2 Individual tolerance of the tea
- 3 Body weight – especially with children. Lower weights may require less, higher weights more tea to be effective – this can be adjusted to suit individual needs. Just remember not to overload your cleansing organs.

Use it topically

Essiac Tea can also be used topically, directly on the affected area. Use a small dropper bottle with some undiluted Essiac Tea in it. You can keep this with you when you are out and about for instant help.

The herbs when 'cooked' and sieved off can be used to pack around wounds to draw poisons out of the body so don't throw it away, but store it in airtight glass jars in the fridge. Poultices with Essiac herbs has been shown to be very effective.

Duration of high dose

Recommended duration for high dosage programs is a minimum of six months or until your condition improves or disappears. Each person reacts differently to therapy and so there is not fixed time limit on 'how long'. How long did it take your body to get into difficulties? Give yourself time, rest, Essiac tea, a healthy diet and plenty of TLC.

Maintenance Dosage ½oz/15ml daily -Support Immune System

After 6 months you can take a maintenance dosage of ½ oz per day. If the original condition persists, continue on the high dosage until it is eliminated. Essiac can be used topically as well with great results.

Water intake – Drink Plenty – 2 litres a day

It is paramount to drink plenty of water when taking the Essiac tea. You will need at least 2 litres a day, and in many cases it could benefit you to drink more, especially if you also are on medication. It is so important to flush the system as thoroughly as possible, and this should continue when you begin to get better. Drinking plenty of water helps to flush the toxins out of the body and as the Essiac Tea speeds up this cleansing process it is especially important to drink the water.

Liquid is water – medically speaking

When a doctor tells you to drink plenty of liquid medically speaking s/he means water, not tea, coffee, fizzy drinks, or anything like that – just plain old fashioned water. However, you can drink it at any temperature you like, it does not have to be cold. If you feel like a hot drink try putting a slice of lemon in a mug of hot water, stir it well and sip it slowly. It really does taste nice, and you might find that you prefer this to all the cups of tea and coffee we are wont to consume. If you don't like it too cold out of the tap just fill a jug of water and place it on a table with a glass next to it so you can drink it at room temperature. Also seeing the jug will remind you to drink the water.