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The Truth About Essiac

Rene Caisse and her Herbal Cancer Treatment, ESSIAC

Authentic, Original Essiac Tea Formula Documentation

By Lanny Messinger -- Updated on November 22, 2006

"Their fruit will serve for food and their leaves for healing." Ezekiel 47:12.



On a fateful day in 1922 Canadian nurse Rene Caisse happened to notice some scar tissue on the breast of an elderly woman. The woman said that doctors had diagnosed her with breast cancer years before. However, the woman didn't want to risk surgery nor did she have the money for it.

As luck would have it, she had met an old Indian medicine man who told her that he could cure her cancer with an herbal tea. The woman took the medicine man's advice, and consequently she was still alive nearly thirty years later to pass on this herbal remedy to Nurse Caisse.

About a year later, Rene Caisse was walking beside a retired doctor who

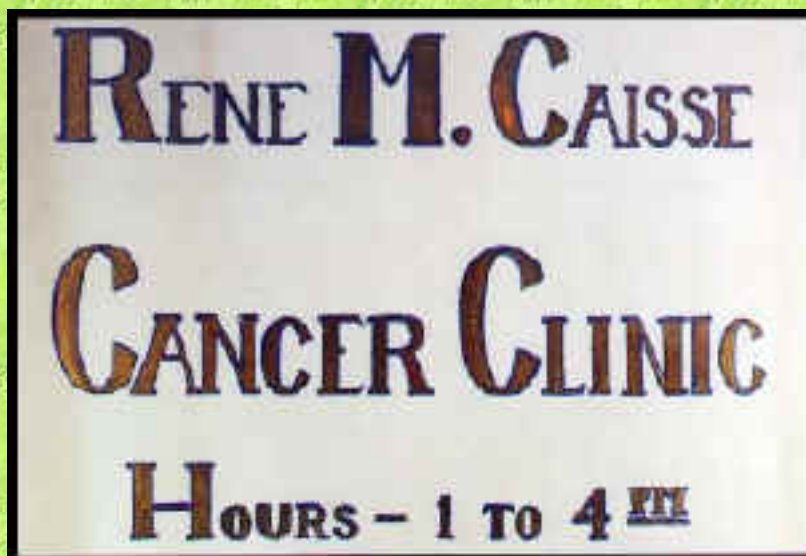
pointed to a common weed and stated: "Nurse Caisse, if people would use this weed there would be little cancer in the world." Rene later stated: "He told me the name of the plant. It was one of the herbs my patient named as an ingredient of the Indian medicine man's tea!" The "weed" was sheep sorrel.



In 1924 she decided to test the tea on her aunt who had cancer of the stomach and was given about six months to live. Her aunt lived for another 21 years, cancer free.

Rene Caisse (pronounced "Reen Case") later gave the tea to her 72-year old mother who was diagnosed with inoperable cancer of the liver, with only days to live. Her mother recovered and lived without cancer for another 18 years.

In the ensuing years Nurse Caisse refined and perfected the original "medicine man's" formula. She tested various herbal combinations on laboratory mice and on human cancer patients. She eventually reduced the tea to four herbs: burdock root, sheep sorrel, slippery elm and turkey rhubarb. She called the formula Essiac, which is her surname spelled backwards. [Read "[I Was Canada's Cancer Nurse](#)" for more details.]



Rene Caisse devoted over fifty years of her life to treating thousands of cancer patients with Essiac. So effective were her free treatments that in 1938 her supporters gathered 55,000 signatures for a petition to present to the Ontario legislature to "authorise Rene Caisse to practice medicine in the Province of Ontario in the treatment of cancer and conditions therein". Unfortunately, due to the machinations of the

Canadian Medical Association, the bill failed to pass by just three votes.

WHAT DID DOCTORS SAY ABOUT RENE CAISSE'S TEA?

Rene Caisse operated her cancer clinic under the supervision and observation of a number of doctors. Based on what those doctors saw with their own eyes, eight of them signed a petition to the Department of National Health and Welfare at Ottawa, asking that Nurse Caisse be given facilities to do independent research on her discovery. Their petition, dated at Toronto on October 27, 1926, read as follows:

To Whom It May Concern:

"We the undersigned believe that the 'Treatment for Cancer' given by Nurse R.M. Caisse can do no harm and that it relieves pain, will reduce the enlargement and will prolong life in hopeless cases. To the best of our knowledge, she has not been given a case to treat until everything in medical and surgical science has been tried without effect and even then she was able to show remarkable beneficial results on those cases at that late stage.

"We would be interested to see her given an opportunity to prove her work in a large way. To the best of our knowledge she has treated all cases free of any charge and has been carrying on this work over the period of the past two years."

Initially, Rene was not aware of the control that the medical/pharmaceutical establishment had over governments. After the petition was delivered to the National Health and Welfare Department, she was continually threatened with arrest until she finally withdrew from public view. Unlike Nurse Caisse, the medical establishment was more interested in making money than in helping people. Essiac was cheap. It could cut into the lucrative profits from radiation, chemotherapy and surgery--treatments that often did more harm than good. Essiac is non-toxic. Rene said, "Chemotherapy should be a criminal offense."

The story of Rene Caisse's struggle to make Essiac an official cancer treatment was told by Dr. Gary Glum in his book *CALLING OF AN ANGEL: ESSIAC, NATURE'S CURE FOR CANCER*. In a telephone conversation Dr. Glum stated that people who take Essiac on a regular, preventive basis do not get cancer. Dr. Glum interviewed JFK's personal physician, Dr. Charles Bruschi, who stated: "I know Essiac has curing potential. It can lessen the condition of the individual, control it, and it can cure it."



Dr. Ralph Moss was appointed to the Cancer Advisory Panel that evaluates alternative cancer therapies for the government. On his web site and in his book *CANCER THERAPY*, Dr. Moss points out that each of the herbs in Essiac has been scientifically shown to contain anticancer substances. In his "Cancer Chronicles" [www.ralphmoss.com/essiac], Dr. Moss notes Essiac's rising popularity by comparing Essiac's low cost to a \$150,000 bone marrow transplant.

ESSIAC--MORE THAN JUST A CANCER TREATMENT

Dr. Frederick Banting, the co-discoverer of insulin became interested in Essiac and even offered Nurse Caisse research facilities to test it. According to Rene, Dr. Banting stated that "Essiac must actuate the pancreatic gland into normal functioning". Even today diabetics are using Essiac to improve their condition and many have gone off insulin entirely. (For more information on diabetes and Essiac read the [Dr. Marijah McCain interview](#).)

Essiac has become widely known for its remarkable ability to boost the immune system and detoxify the body. Many people who drink Essiac tea regularly report feeling healthier with less incidence of colds and flu. Burdock, for example, has a well-established reputation for detoxification and support of the liver and organs of elimination. To read about additional benefits of Essiac, [CLICK HERE](#) to read my interview with Dr. Marijah McCain.

BURDOCK ROOT (Arctium lappa)

For centuries burdock root has been regarded as an effective blood purifier that neutralizes and eliminates poisons from the body. Burdock contains a

volatile oil--especially in the seeds--that is eliminated through the sweat glands, taking toxins with it and alleviating skin problems. Burdock contains niacin, which is known to eliminate poisons from the body, including radiation. Burdock also supports the bladder, kidney and liver and has been said to dissolve kidney stones. It also contains an abundance of minerals, particularly iron. Studies have shown anti-tumor activity in burdock. Japanese scientists have isolated an anti-mutation property in burdock, which they call the "B factor". The Japanese grow burdock root for food as well as medicine. A memorandum from the World Health Organization revealed that burdock was active against HIV.

SHEEP SORREL (*Rumex acetosella*)

Rene Caisse isolated sheep sorrel as the main Essiac herb that caused regression of metastasized cancer and reduction of tumors. She used the whole herb including the roots. Dr. Ralph Moss points out that sheep sorrel contains aloe emodin, a natural substance that shows significant anti-leukemic activity. Sheep sorrel contains antioxidants, is diuretic and has been used to check hemorrhages. It has also been used for food.



SLIPPERY ELM (*Ulmus rubra/fulva*)

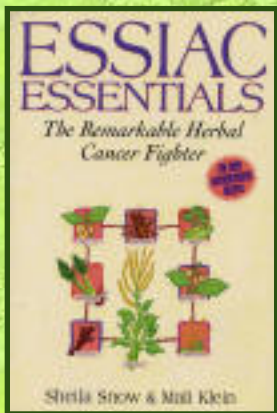
The inner bark of the slippery elm tree is well-known for its soothing and healing properties. It reduces inflammations such as sore throat, diarrhea and urinary problems. It has been regarded as both a food and medicine. Dr. Moss noted that "slippery elm contains beta-sitosterol and a polysaccharide, both of which have shown [anti-cancer] activity.

TURKEY RHUBARB ROOT (*Rheum palmatum*)

Turkey Rhubarb has been shown to have anti-tumor activity. It is diuretic, anti-inflammatory, anti-bacterial and has been used extensively to relieve constipation. It is medicinally more potent than garden rhubarb root and is more palatable.

CAVEAT EMPTOR*

Due to the ever-increasing popularity of Essiac, numerous entrepreneurs have jumped on the Essiac bandwagon with their own four, six, or eight-herb products. Unfortunately, Rene never published the formula and it appears that she experimented with different herbal combinations. Therefore, it is understandable that there would be controversies over who has the correct formula or the best product. Curiously, ESSIAC didn't become a trademark name until several years after Dr. Glum published the Essiac recipe. Yellow dock or garden sorrel is sometimes substituted for sheep sorrel. Imported turkey rhubarb may be irradiated, fumigated or both. So how do you know if you are buying the real, unaltered Essiac?



I often receive emails from people who report being confused about Essiac tea after visiting various web sites with conflicting information. This wealth of misinformation that has obfuscated the Essiac formula has compelled me to help clarify the issues with documented evidence. Unfortunately, Rene is not alive today to remind people that it's all about "helping suffering humanity", not money. As Rene stated in "I Was Canada's Cancer Nurse", "respect and love of our fellow man are more important than riches." Sheila Snow, author of ESSIAC ESSENTIALS, knew Rene Caisse personally and

fortunately has obtained a great deal of documentation to dispel much of the confusion about Essiac tea.

Essiac is truly a multi-cultural phenomenon. So here are the plain, non-commercial facts:

1) Essiac marketers often claim that Essiac is an Ojibway Indian formula. Unfortunately, there is no evidence to substantiate this common belief. In "I Was Canada's Cancer Nurse" Rene Caisse referred only to "a very old Indian medicine man" without naming any specific tribe. Sheila Snow has researched this issue [See ESSIAC ESSENTIALS] and found that the "old Indian medicine man" could have been a member of the "Algonquin, Cree, Cherokee, Huron, Iroquois or Ojibwe" tribes living in northern Ontario in the late 1800s.

2) Turkey rhubarb (*rheum palmatum*) is native to China and Tibet, not northern Ontario, so it appears unlikely that it was a part of the original medicine man's formula of indigenous herbs in the late 1800s. Even today turkey rhubarb has still not established itself as a wild herb of North America. "The [turkey] rhubarb rhizome official in the British Pharmacopoeia, 1914, must be collected in China and Thibet. English-grown rhubarb is inferior to the official rhubarb in medicinal qualities."* Even the 1931 edition of A MODERN HERBAL reports that "We still depend

upon Northern China and Thibet for Rhubarb."* It appears then that turkey rhubarb was an Asian-sourced modification made by Rene Caisse in her efforts to refine the formula.

Since the modern North American diet of over-processed foods can cause chronic constipation which can promote cancer, Rene Caisse's decision to include turkey rhubarb in the formula appears to have been a wise one. One of the first benefits that I noticed when I first began drinking Essiac tea was that my bowel movements normalized. After drinking Essiac tea for four years, I embarked on a thorough colon cleanse and discovered that my colon was already clean from daily use of Essiac tea. Several well-known American herbalists believe that 80 to 95 percent of all illnesses are due to unclean colons. Turkey rhubarb is now being grown commercially in North America, and that may very well be due to the ever-increasing popularity of Essiac tea.

3) Burdock and sheep sorrel are not native to North America. It appears that both burdock and sheep sorrel were brought to this continent from Europe by early settlers who then passed on their knowledge of these two herbs to the local tribes. Since both burdock and sheep sorrel are somewhat invasive herbs, they eventually spread throughout North America. Unfortunately, they are often referred to as "weeds".

4) Slippery elm is the only Essiac herb native to North America.

In spite of the numerous, conflicting claims as to what the original Indian medicine man's formula was, no one has yet offered any verifiable evidence to settle that issue. Some claim it was a four-herb formula while others claim it was an eight-herb or six-herb formula. Many of these claims state that turkey rhubarb was one of the original herbs. Rene Caisse did experiment with a number of herbs and changed the formula through time. She finally settled on her four-herb formula. Since this four-herb formula was demonstrated by Rene Caisse and untold cancer patients to be an effective, health-giving remedy that has stood the test of time, the debate over what the original formula was may very well be a moot point.

The only person Rene Caisse trusted to help her make Essiac tea was her best friend, Mary McPherson. Mary had worked alongside Rene since the 1930s and knew the formula by heart. However, Mary had made a deathbed promise to Rene never to reveal the formula to anyone. Mary would have taken the Essiac formula to her grave, too, had it not been for Dr. Gary Glum. He purchased the formula for \$120,000 from one of Rene's former patients. Dr. Glum could have kept the formula secret and become very wealthy selling bottles of Essiac. However, he unselfishly released the formula into the public domain in 1988. At first he offered the formula on a video tape that he advertised in his book, CALLING OF AN ANGEL, but the

feds unlawfully seized the tapes before he could sell very many of them. He then gave out the formula and recipe free of charge to anyone who mailed him a request for the Essiac formula.

When Dr. Glum met Mary McPherson in Bracebridge, Ontario and told her what the Essiac formula was, she was more than a little surprised. According to Dr. Glum, Mary eventually revealed the formula in 1994 because it was no longer a secret, and she wanted to end the controversy over the Essiac formula before she died.

In "[I Was Canada's Canada Nurse](#)" Rene Caisse stated one reason why she wanted to keep the formula secret: "I wanted to establish my remedy, which I called ESSIAC or my name spelled backward, in actual practice and not in a laboratory only. I knew it had no bad side affects, so it could do no harm. I wanted to use it on patients in my own way. And when the time came, I wanted to share in the administration of my own discovery."

Another reason why Rene kept the Essiac formula secret was that she didn't trust people to make it properly and she thought that it would be altered. She was right. For example, in the 1980s, Canadian talk show host Elaine Alexander marketed her own altered version of the formula containing eight herbs, which she called "FLOR ESSENCE" [TM]. She subsequently died of cancer. Even today a common misconception still exists that Elaine Alexander's formula is Rene Caisse's authentic Essiac formula.

Every herbal formula has its own synergy and therefore creates a specific effect. Rene Caisse spent her life refining the formula with her hands-on research. No one else has done such extensive research on Essiac tea. Essiac works--Why change it by adding more herbs that may diminish its healing properties?

THE FORMULA

The following formula and recipe for Essiac (in italics) is a word-for-word transcription of the Essiac formula from the affidavit which Mary McPherson filed with the Town of Bracebridge. [CLICK HERE to view a certified true copy of Mary McPherson's two-page affidavit.](#) The formula below is also the one which Dr. Gary Glum released to the public in 1988 when he published [CALLING OF AN ANGEL: ESSIAC,](#)

NATURE'S CURE FOR CANCER.

Essiac

6 ½ cups of burdock root (cut) (upper left)

1 pound of sheep sorrel herb powdered (upper right)

1/4 pound of slippery elm bark powdered (lower left)

1 ounce of Turkish rhubarb root powdered (lower right)



Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.

Take a measuring cup, use 1 ounce of herb mixture to

32 ounces of water depending on the amount you want to make.

I use 1 cup of mixture to $8 \times 32 = 256$ ounces of water. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate over night (covered).

In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into hot sterilized bottles and sit to cool. Store in dark cool cupboard. Must be refrigerated when opened. When near the last when its thick pour in a large jar and sit in frig overnight then pour off all you [can] without sediment.

This recipe must be followed exactly as written.

I use a granite preserving kettle (10 - 12 qts), 8 ounce measuring cup, small funnel and fine strainer to fill bottles.

ADDITIONAL TIPS & INFORMATION

The preparation of Essiac is as important as the formula itself. Essiac is a decoction, not an infusion. An infusion is what people make when they put a tea bag in a cup of hot water. Generally speaking, an infusion tends to extract vitamins and volatile oils. A decoction is used to extract minerals, bitter components, etc. from hard materials such as roots, bark or seeds by

boiling for a few minutes and then allowing the herbs to steep for several hours. Entrepreneurs often sell Essiac imitations in tincture form (herbs in alcohol) or in gelatin capsules; neither form is Essiac because Essiac is a tea and, more specifically, a decoction that must be made in a certain way in order to be effective.

People often substitute stainless steel for an enameled pot and lid. The main concern is not to use an aluminum pot. Also, be sure not to use chlorinated water. The formula above can be reduced to 1/2 cup of herb mix to one gallon of water. [Optional: Dr. Glum suggests adding 2 or 3 cups of extra water to replace water lost through evaporation during boiling. Also, the dry herbs will absorb water as well.] After boiling for ten minutes, let the tea steep about 12 hours. Then heat up tea to steaming, but not boiling. (Do not boil twice.) The remaining pulp can be used for healing poultices.

Don't use cheese cloth to strain Essiac. Likewise, do not use a kitchen sieve that has a very fine mesh as this may filter out the slippery elm. Slippery elm gives the tea a slight viscous [syrup-like] consistency when poured. If you do not notice this consistency after refrigerating your tea, you may be using a sieve that is too fine. Don't worry about herb particles in your Essiac; they will settle to the bottom of the jars. Some people drink the Essiac dregs, others don't. Some people give the Essiac dregs to their pets or farm animals. Many people have reported the same or similar health benefits with their pets that humans are reporting.

I have found from experience that it is best to refrigerate the Essiac tea as soon as it has cooled. Discard the tea if mold appears on the surface or if the tea does not taste right.

For preventive purposes, people often take about 2 oz. (1/4 cup) per day once or twice a day diluted with about 1/2 cup hot water. Herbalists recommend increasing daily water intake due to diuretic and detoxifying action; it takes lots of water to detoxify. People who are using Essiac to treat an illness or to eliminate toxins, sometimes take Essiac three or four times a day, depending on the situation. [Note: Rene Caisse recommended one ounce of Essiac, once or twice each day, but it is not certain how concentrated she was making the tea when she made that recommendation. She was using Essiac primarily to treat cancer. Today many people use Essiac to detoxify their bodies as well. We are exposed to a great deal more toxins in our environment and food today than when Rene operated her clinic in the 30s & 40s, so perhaps the increase in today's dosages may be well justified.] Essiac has a well-earned reputation for

being non-toxic [[See Dr. McCain's interview](#)] and people often take 2 ounces (1/4 cup) of Essiac taken three times each day. Do not eat or drink anything (except water) one hour before to one hour after taking Essiac. Rene Caisse recommended that Essiac tea be taken at bedtime, but it can be taken any time of day. Some people don't like to take any liquids before bedtime because it makes them have to urinate during the night, thus interrupting a good night's sleep.

Make sure that the sheep sorrel you use is the small, wild variety of sheep sorrel and not a substitute like yellow dock or garden (French) sorrel. Imported turkey rhubarb root could be fumigated or irradiated. Many Essiac merchants are unaware of the quality of their herbs. The best way to insure that you're getting true Essiac is to grow the herbs yourself. This puts you in control of product quality and takes out the commercialism. Burdock root is harvested in the fall of the first year. Slippery elm bark is usually wildcrafted and is easy to buy. Turkey Rhubarb is the only herb in Essiac that cannot be wildcrafted in the US. The Chinese use six year old turkey rhubarb roots for maximum potency. However, it is currently difficult to find domestically-grown roots that old.

I usually have extra seeds that I can provide to people who want to grow their own herbs. I can also provide the four dried herbs mixed together for brewing Rene Caisse's tea (according to the formula published by Dr. Gary Glum in 1988, which is the same as Mary McPherson's formula). I can be contacted at Lanny@healthfreedom.info, or at the following address: Lanny Messinger; 1106 South Main #11; Moscow, Idaho 83843; Web site: www.healthfreedom.info.

[* CLICK HERE to Order Herbs to make Essiac Tea *](#)

*Quotes are from A MODERN HERBAL, first published by Jonathan Cape, 1931

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BUY AUTHENTIC, ORIGINAL **ESSIAC TEA HERBS**

Brew Your Own Essiac Tea

By Lanny Messinger -- Updated on
November 20, 2006



It is very important to prepare Essiac tea herbs the way Rene Caisse prepared them. Read below how I prepare my Special Blend Essiac Tea Herbs and find out why Rene Caisse followed a specific procedure in preparing Essiac herbs. If you want to order my Essiac Tea Herbs now, [CLICK HERE](#) for Ordering Information.



Why Do People Drink Essiac Tea?

I have been studying and using herbs for medicine, good health and good tasting teas since the early 1970s. I have not found any single

herbal formula or remedy that does more to promote health than Essiac tea. I have been drinking Essiac tea on daily basis for about five years and can personally testify to Essiac's efficacy in boosting the immune system, detoxification, support of the liver, pancreas, kidneys, skin, digestive tract, etc. People who drink Essiac tea daily often state that they rarely get sick and any illness that they may get is less severe.

I decided to provide high-quality, organically grown herbs for Essiac tea after personally experiencing Essiac's health benefits. I now receive testimonials from people who claim that Essiac tea solved their personal health problems and in some cases even saved their lives from cancer.

Tea

However, Essiac is not just for cancer patients and one does not need to be sick to drink Essiac tea. Many people drink Essiac tea every day for the same reason that they take a daily vitamin/mineral supplement--that is, simply as a preventive measure to maintain good health.

For example, Dr. Gary Glum has observed that people who drink Essiac tea on a regular, preventive basis do not get cancer. Of course, there are many more reasons to drink Essiac tea daily as Dr. Marijah McCain has discovered. [CLICK HERE](#) to read Dr. McCain's interview. We are exposed daily to many toxins in our air, water and even in the food we eat. So it just makes good sense to detoxify our bodies on a daily basis.

I believe that the best Essiac is the kind that you brew fresh in your own kitchen. Once you brew it a time or two you will find that it is very easy to do. You will also save money by brewing it yourself.

What Is the Authentic, Original Essiac Formula & Recipe?

There are many Essiac tea marketers on the internet who claim they have the correct formula. However, people who offer truly *authentic, original*

Essiac tea use Rene Caisse's formula that Dr. Gary Glum published for the first time in 1988: Burdock root (arctium lappa), powdered Sheep Sorrel (rumex acetosella), powdered Slippery Elm bark (ulmus rubra/fulva) and powdered Turkey Rhubarb root (rheum palmatum). This formula was proven to be accurate when Mary McPherson published the Essiac formula in an affidavit in 1994. Mary McPherson was the only person that Rene Caisse trusted to make Essiac for her cancer patients. [CLICK HERE](#) to read "The Truth About Essiac".



When it comes to serious health issues, doesn't it make sense to use [the correct Essiac tea formula and recipe](#)? One of the reasons I established this web site was to help settle the Essiac tea formula controversy by providing the proof of the true Essiac formula--It is about saving lives and helping people maintain their health, not making money. To view the legal proof of the authentic Essiac tea formula and recipe [CLICK HERE](#) to view Mary McPherson's affidavit.

[CLICK HERE](#) to order [Special Blend](#) Herbs for Essiac

I am one of the few herbalists who offers authentic *whole herb* Essiac tea that is organic and domestically grown. This *whole herb* "[Special Blend](#)" mixture is for Essiac connoisseurs who want to get the greatest benefit from their home-brewed Essiac tea by following Rene Caisse's formula exactly.

What is "whole herb" Essiac tea?



Sheila Snow, who knew Rene Caisse and Mary McPherson personally, uncovered evidence that Rene Caisse used the *whole* sheep sorrel plant, not just the leaves. [CLICK HERE](#) to read what Rene stated about using the whole sheep sorrel plant. Rene Caisse considered sheep sorrel roots to be an essential part of the Essiac

formula and that the tea would not be nearly as effective without the roots. Also,

Mary McPherson specified "sheep sorrel herb" (not just the leaves) in her 1994 affidavit which revealed the correct Essiac formula.

Therefore, Essiac tea without sheep sorrel roots is not authentic Essiac tea and, according to Rene, may not even be effective enough to regress cancer.



From a nutritional approach it is often better to use the whole herb—e.g., leaves, roots, stems, flowers and seeds. Different parts of plants contain different substances in varying amounts. The whole herb concept offers more vitamins, minerals, flavonoids, enzymes and other substances that modern science has yet to recognize or discover. For example, the seeds of many herbs contain a substance called laetrile, which has been reported to be most helpful in the treatment and prevention of cancer. Some marketers of Essiac herbs and formulas use only sheep sorrel leaves and lots of stems as well. Harvesting sheep sorrel roots, for example, requires more time and expense, plus it kills the plant. Consequently, whole herb Essiac costs more to produce.

How Do I Make My Whole Herb Special Blend Essiac Tea?

My Whole Herb "Special Blend" Herbs for Essiac contain the four authentic herbs (i.e., sheep sorrel, burdock roots, slippery elm bark, & domestically-

grown organic turkey rhubarb root) plus smaller amounts of sheep sorrel roots, flowers and seeds and burdock seeds. I weed out many of the stems as they are the least potent of the plant components. I use both organically-grown sheep sorrel and wildcrafted sheep sorrel.



Also, I blend together at least two sources of turkey rhubarb root, two sources of slippery elm and two sources of burdock root (grown in different locations). I double source all my Special Blend Essiac herbs because the mineral content of soils varies from region to region. I believe that double sourcing insures a more balanced blend of nutrients. Modern farming methods do not replace minerals in the soil. Consequently the American diet is low in minerals. Essiac tea naturally provides minerals from organically-grown and wildcrafted plants and



this may be one reason why people often report feeling better after taking Essiac tea for a couple of weeks. Essiac tea is a decoction, which is a brewing process that extracts more minerals from herbs than a tea-bag infusion.

All of my herbs are grown without artificial fertilizers, insecticides or herbicides and/or they are wildcrafted. Since I am an organic gardener, I add kelp as a soil amendment to insure that trace minerals are present in the herbs. [Note: Kelp is not added to the tea itself--it is only added to the soil in which the herbs are grown and as a natural foliar feeding nutrient.] I prefer to harvest my herbs when the moon is full, except when harvesting roots. I hand-harvest my herbs and separate out any "weeds". I use a slow grind method to powder my herbs to prevent overheating of the Essiac herbs. Although this a more labor-intensive, expensive process, I believe it significantly increases the quality of the final product.





The four Essiac herbs are pre-mixed and conveniently packaged in 1/2 cup ready-to-use portions to make one gallon of tea. Directions for making your own homemade Essiac tea are included with each order. (You can also divide each packet in half to make two separate 1/2

gallon batches of tea instead of the one gallon recipe.)

Essiac Special Blend -- \$20.00

(1/2 cup, makes one gallon of Essiac tea)

* Easy-to-follow instructions for making Essiac tea are included with every order. *

[CLICK HERE TO ORDER BY CHECK OR MONEY ORDER](#)

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QUESTIONS? -- [Click Here for Frequently Asked Questions--](#)
[ESSIAC FAQ](#)--or email Lanny@Healthfreedom.info

You may be wondering why my prices are lower than some Essiac merchants: 1) In the words of Rene Caisse: "Helping suffering humanity" is "more important than riches;" 2) I keep my promotion and packaging costs low; 3) The purpose of this website is not commercial--It's about restoring our natural Rights & Freedoms. However, I must accept donations in order to maintain, promote and expand this web site. I therefore provide herbs and educational materials for the purpose of restoring our natural Rights and Freedoms and to introduce people to the amazing healing powers of herbs. We need to spread the word that there are effective alternatives to harmful pharmaceutical drugs.

The \$20 donation shown above is the minimum donation I need to continue providing high-quality Essiac tea herbs and maintain this web site. I encourage you to donate more, if you can, to help support this web site and to help reach more people. We are currently engaged in a major battle for health freedom rights waged by vested interests in the government/pharmaceutical collusion. I appreciate your support. Thank you. -- Lanny Messinger

If you have specific questions about Essiac tea that are not covered on this web site, please click on the CONTACT US link. Please do not ask me to diagnose or treat any ailment as this should be done by a competent, experienced naturopath or nutrition-oriented medical doctor who has personally examined you. It is important to remember that each individual's body has specific requirements for nutrition. Therefore, the information offered on this web site is for general information only and not to be construed as medical advice or treatment for anyone.

[* CLICK HERE to Order Herbs to make Essiac Tea *](#)

[CLICK HERE](#) to obtain seeds to grow your own Essiac tea herbs.

"A cheerful heart is good medicine." Proverbs 17:22

[This page was last updated on November 20, 2006]



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PROOF OF THE AUTHENTIC, ORIGINAL ESSIAC TEA FORMULA

Mary McPherson's Affidavit

This certified true copy of Mary McPherson's two-page affidavit was provided by the Commissioner of Affidavits of the Town of Bracebridge, Ontario. Mary McPherson's affidavit is the only verifiable evidence of Rene Caisse's Essiac formula.

This evidence will hold up in a court of law because it is the only official evidence, under Oath, recorded for the public record in a government office, which gives the original, authentic Essiac formula. Mary McPherson knew the Essiac formula because she was the only person (other than Rene herself) who was allowed to make Essiac tea to give to Rene's cancer patients. This is the formula which helped so many cancer patients in Rene Caisse's clinic in Bracebridge, Ontario.

CAVEAT EMPTOR (Buyer Beware): Any person or company selling "Essiac" tea that is not using this formula and these exact herbs is, unfortunately, deceiving the public. Here is the proof:

IN THE MATTER OF THE LATE RENE CAISSE

AND IN THE MATTER OF THE HERBAL REMEDY
KNOWN AS "ESSIAC"

I, Mary McPherson of the Town of Bracebridge in the District Municipality of Muskoka, MAKE OATH AND SAY AS FOLLOWS:

1. I am presently 80 years of age. I have lived in Bracebridge area for most of my adult life.
2. I was well acquainted with the late Rene Caisse over the years from 1935 to 1978 during which time I assisted her.
3. I was fully aware that she made the decoction known as "Essiac" when she carried on her clinic at the Town of Bracebridge in the District Municipality of Muskoka, at 6 Dominion Street, Bracebridge, Ontario and at other locations in and about the Town of Bracebridge.
4. During the later years of the late Rene Caisse, I was responsible for the preparation of the herbal tea known as "Essiac", always under the supervision of the late Rene Caisse.
5. I confirm that the attached formula, set out in my own handwriting, and attached

5. I confirm that the attached formula, set out in my own handwriting, and attached hereto as exhibit "A" to this my affidavit, accurately sets out the formula and the method of preparation which must be adhered to exactly as written for the herbal remedy known as "Essiac".

6. This affidavit is made in good faith and not for any improper purpose.

SWORN before me at the Town)

of Bracebridge in the District)

Mary McPherson

Municipality of Muskoka)

MARY MCPHERSON

this 23rd day of December, 1994)

N. O. Roche

A Commissioner etc.

THIS IS CERTIFIED TO BE A TRUE COPY OF THE ORIGINAL.

Janice M. Howden
JANICE M. HOWDEN, Deputy Clerk, for the Town of Bracebridge, Commissioner for Affidavits, etc.



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The Authentic, Original ESSIAC TEA FORMULA & RECIPE

The following formula is Rene Caisse's Essiac formula and recipe which Rene's best friend, Mary McPherson, filed, under Oath, with the Town of Bracebridge in 1994. This was also the same formula and recipe that Dr. Gary Glum published in 1988. For further information on Rene Caisse plus important tips on how to brew your own Essiac tea read the article "[THE TRUTH ABOUT ESSIAC: Rene Caisse and Her Herbal Cancer Treatment, Essiac](#)".

[CLICK HERE](#) to view a certified copy of Mary McPherson's affidavit with handwritten attachment. This legally recorded affidavit is the only real proof of Rene Caisse's Essiac tea formula. This affidavit is evidence which would hold up in a court of law because it is the only official evidence, under Oath, recorded for the public record in a government office, which gives the original, authentic Essiac formula and recipe. Mary McPherson knew the Essiac formula because she was the only person (other than Rene herself) who was allowed to make Essiac tea to give to Rene's cancer patients. This is the formula which helped so many cancer patients in Rene Caisse's clinic in Bracebridge, Ontario.

CAVEAT EMPTOR (Buyer Beware): Any person or company selling "Essiac" tea that is not using this formula and these exact herbs is, unfortunately, deceiving the public. The formula below is a word-for-word transcription of [Mary McPherson's affidavit](#):

6 ½ cups of burdock root (cut)
1 pound of sheep sorrel herb powdered
1/4 pound of slippery elm bark powdered
1 ounce of Turkish rhubarb root powdered

Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.

Take a measuring cup, use 1 ounce of herb mixture to 32 ounces of water depending on the amount you want to make.

I use 1 cup of mixture to $8 \times 32 = 256$ ounces of water. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate over night (covered).

In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into hot sterilized bottles and sit to cool. Store in dark cool cupboard. Must be refrigerated when opened. When near the last when its thick pour in a large jar and sit in frig overnight then pour off all you [can] without sediment.

This recipe must be followed exactly as written.

I use a granite preserving kettle (10 - 12 qts), 8 ounce measuring cup, small funnel and fine strainer to fill bottles.

[CLICK HERE](#) for a printer-friendly version of easy-to-follow directions to make Essiac tea.

[* CLICK HERE to Order Herbs to make Essiac Tea *](#)

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[CLICK HERE](#) to obtain seeds and plants to grow your own Essiac tea herbs.

If you have specific questions about Essiac tea that are not covered on this web site, please click on the CONTACT US link. Please do not ask me to

diagnose or treat any ailment as this should be done by a competent, experienced naturopath or nutrition-oriented medical doctor who has personally examined you. It is important to remember that each individual's body has specific requirements for nutrition. Therefore, the information offered on this web site is for general information only and not to be construed as medical advice or treatment for anyone.



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GROW YOUR OWN ESSIAC TEA HERBS

I can provide turkey rhubarb seeds, burdock seeds and sheep sorrel seeds so that you can grow your own Essiac tea herbs. I like to encourage people to become more self-reliant by growing their own Essiac herbs. When you purchase Essiac tea from someone else, you don't know for sure if you are getting the right herbs in the correct proportions or if it has been harvested or brewed correctly. If you want quality Essiac tea that you know is right, then grow it organically in your own backyard. Also, there is a certain satisfaction in growing your own Essiac and brewing it yourself in your own kitchen.

You may live in an area where sheep sorrel, turkey rhubarb, burdock and/or slippery elm grows wild. If you are wildcrafting these herbs, always get the permission of the land owner first. Beware of wildcrafting on state or federal lands. Oftentimes burdock and other medicinal herbs are considered by "the government" to be invasive, "exotic" weeds and they spray toxic, cancer-causing herbicides on them. Also, when you buy wildcrafted herbs from someone else, you cannot be sure that the herbs are free of toxic herbicides even if they were wildcrafted deep in the forest.

Sheep sorrel, turkey rhubarb and burdock are all easy to grow. They favor a cool, moist climate. Also, sheep sorrel plants establish themselves and multiply quickly; whereas, sheep sorrel seeds take more care to propagate. Slippery elm is usually wildcrafted because it is not so easy to grow and takes years of growth before you can harvest it. I therefore do not currently offer slippery elm seeds or seedlings. Unfortunately, I have only a small amount of turkey rhubarb

seeds left, so I have to ration them so everyone can get at least ten seeds.

Sheep Sorrel seeds -- \$7.50 (Approx. 200 seeds)

Turkey Rhubarb seeds -- \$7.50 (Limited supply--10 seeds per order)

Burdock seeds -- \$5.00

The book ESSIAC ESSENTIALS by Sheila Snow & Mali Klein is the best source of information on growing, harvesting, drying and storing the herbs to make Essiac tea. [CLICK HERE](#) to find out more about the book ESSIAC ESSENTIALS.

[CLICK HERE](#) for ordering information.



The purpose of this website is not commercial--It's about restoring our Rights & Freedoms. Instead of soliciting donations, we use the proceeds (if any) from the sale of herbs and educational materials to maintain and expand this website. We appreciate your support. Thank you. -- Lanny Messinger; <http://www.HealthFreedom.info>.



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CHEMTRAIL INFO



CHEMTRAIL DEFINITION

What are Chemtrails?

H.R. 2977



CHEMTRAIL GALLERY



CHEMTRAILS: Delivery System for the Dept. of Death's Toxic Cocktails

By Amy Worthington



CHEMTRAIL ANTIDOTE



CHEMTRAILS, ESSIAC & DETOXIFICATION

An interview with Dr. Marijah McCain



CHEMTRAIL CRISIS

By Amy Worthington



BIO-CHEMICAL WARFARE TESTING

Open Air Testing with Simulated Biological and Chemical Warfare Agents

Senate Testimony of Dr. Leonard A. Cole



CHEMTRAILS: The Sky Is Falling (on you)

Peanut Butter and Barium Sandwiches

By Nicholas Jones



Evidence: Chemtrails Include Hazardous Barium Compounds

By Amy Worthington



CHEMTRAILS: Barium Toxicity



CHEMTRAIL WEB SITES

WWW.CARNICOM.COM

WWW.CHEMTRAILCENTRAL.COM

<http://www.rense.com/politics6/chemdatapage.html>

<http://www.lightwatcher.com/chemtrails/hos.html>



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CHEMTRAIL ANTIDOTE



CHEMTRAIL ANTIDOTE REPORT, December 5, 2003, <http://www.HealthFreedom.info>

FULL DISCLOSURE ANTIDOTE

In mid-November 2003 I received 60 capsules of a natural remedy that Dr. Gary Glum claimed was an effective antidote for chemtrails if used in conjunction with Essiac tea. According to Dr. Glum this is the same antidote that he gave to five out of 179 AIDS patients. Dr. Glum claims that the five AIDS patients who received the antidote and drank Essiac tea lived, whereas the other 174 AIDS patients died. Dr. Glum also claims this is the same natural formula he wrote about in his book FULL DISCLOSURE: The Truth About the AIDS Epidemic.

Dr. Glum further claims that this antidote quickly kills off all harmful bacteria, viruses, fungi and parasites in the body. One of the properties that makes this antidote special is that it keeps viruses from penetrating the cell. If the virus cannot penetrate the cell it cannot replicate itself, ergo the virus dies and the body remains healthy.

Apparently, Essiac tea is also necessary because it helps the body eliminate toxins, boosts the immune system and supports the liver, pancreas and organs of elimination. I do not have AIDS or any other serious

ailment. Before I began drinking Essiac tea, I would catch a couple colds and get a flu-type virus about once a year. I have been drinking Essiac tea on a daily basis for over two years now and have not gotten sick once.

However, right before the 15th of November, chemtrails were sprayed several days in a row in my area of southwestern Washington State. I did notice a very mild headache that would come and go--not very noticeable, but nevertheless it was there. I experienced some mental fogginess, was tired and wanted to sleep a lot. I believe these symptoms were caused by the chemtrails.

Fortunately, I received Glum's antidote while experiencing these chemtrail symptoms. The Full Disclosure Antidote totally knocked out the chemtrail symptoms in just two days. However, the mild head sensations went away in the first day. By the morning of the third day, I was no longer tired or foggy. From that point forward I noticed a slight increase in my health every day. After ten days I was disappointed that my supply of the antidote ran out. Unfortunately, Dr. Glum is not making this formula available for sale, but he gives some very good clues as to what is in the antidote in his book FULL DISCLOSURE on page 196.

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ESSIAC INFO

ESSIAC INFO NAVIGATION PAGE



Essiac is rapidly becoming a household word when it comes to alternative cancer treatments, natural diabetes therapy, detoxification, immunity and a general health tonic. Essiac tea has earned a reputation as a safe nutritional approach to cancer and diabetes therapy because the herbs used in the Essiac formula have been eaten safely as food since time immemorial. However, one does not have to have cancer or diabetes to drink Essiac tea. Essiac tea is now taken on a daily basis by many people for the purpose of maintaining good health and for preventive measures against many common ailments.

[ESSIAC ARTICLES:](#)

[CLICK HERE](#) if you wish to learn more about the herbal formula known as "Essiac". If Essiac is new to you, I recommend that you start by reading the "[Rene Caisse and her Herbal Cancer Treatment, Essiac](#)" article.

If you are already familiar with Essiac or if you are wanting to learn about the health benefits of Essiac, I recommend reading the "[Interview with Dr. Marijah McCain.](#)"

If you want to learn about what happened to Dr. Gary Glum when he publicly released the Essiac formula here in America or if you are interested in natural, alternative AIDS treatments or nutritional AIDS therapy, then read

the "[Dr. Glum, Essiac & the Antidote for AIDS](#)" article. If you want to hear Rene Caisse's story in her own words, read "[I Was Canada's Cancer Nurse.](#)"

[ESSIAC FORMULA & RECIPE](#): [CLICK HERE](#) if you wish to learn the Essiac formula, see the Essiac formula documentation or learn how to make Essiac yourself. [CLICK HERE](#) to view the only documented evidence of the Essiac Formula & Recipe, the [affidavit sworn by Mary McPherson](#) of Bracebridge, Ontario. Mary McPherson was the only person that Rene Caisse trusted to brew her Essiac tea for her cancer patients. For additional tips on brewing Essiac tea read "[Rene Caisse and her Her Herbal Cancer Treatment, Essiac](#)".

[BUY ESSIAC TEA](#): [CLICK HERE](#) if you wish to purchase the herbs to make Essiac or learn more about the Essiac tea herbs that I offer. For other suppliers of Essiac tea visit the [Real Money Network](#).

[ESSIAC FAQ](#): [CLICK HERE](#) to find answers to frequently asked questions about Essiac tea.

[GROW YOUR OWN ESSIAC TEA](#): [CLICK HERE](#) If you want to grow your own Essiac tea herbs.

[ESSIAC QUESTIONS?](#) If you have specific questions about Essiac tea that are not covered on this web site, feel free to email me by clicking on the CONTACT US link. Please do not ask me to diagnose or treat any ailment as this should be done by a competent, experienced naturopath or nutrition-oriented medical doctor who has personally examined you. It is important to remember that each individual's body has specific requirements for nutrition. Therefore, the information offered on this web site is for general information only and not to be construed as medical advice or treatment for anyone.

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