



PREPARING ESSI PLUS TEA

Supplies Needed:

- 1 – 6 quart (or larger) stainless steel or glass pot with lid
- Stainless steel or wood spatula or spoon
- Stainless steel strainer, and maybe a funnel
- 4 – 1 quart canning jars, or 8 – 16 ounce canning jars, with lids (have one extra in case). Each bag of tea will make between 4 and 5 quarts of tea.

INSTRUCTIONS TO BREW THE TEA

1. Put 5.5 quarts of distilled, RO, or pure spring water in a stainless steel or glass pot and bring to a hard boil, keeping the lid on the whole time.
2. Add the tea from one bag of ESSI PLUS tea, stir, and boil at medium heat for 10 minutes. Keep the lid on the pot the whole time.
3. Turn the heat off and let the pot sit for 6 hours with the lid on.
4. Stir the tea well and let it sit for another 6 hours with the lid on.
5. Stir the tea again, and heat the pot to a boil. Keep the lid on.
6. When it starts to boil, turn the heat off.
7. Right away, strain the tea with a stainless steel strainer. If you want, you can strain it again with a finer strainer (your choice).
8. While still hot, pour the liquid into jars.
9. Discard the thick herbal mixture at the bottom, or it can be stored in the freezer for a poultice for rashes.

Make sure you bottle the tea while hot so the jars seal properly. Store in a dark and cool place. The refrigerator is perfect. Once you open a jar, you must keep it in the refrigerator.

USING ESSI PLUS TEA

Drink the tea on an empty stomach at any time of day. Drink the tea within 5 minutes. Don't eat for 1 hour after drinking the tea.

- Day 1: Drink 2 ounces of tea mixed with 4 ounces of warm water.
- Day 2: Drink 2 ounces of tea mixed with 4 ounces of warm water.
- Day 3: Drink 2 ounces of tea mixed with 4 ounces of warm water.
- Day 4: Drink 3 ounces of tea mixed with 4 ounces of warm water.
- Day 5: Drink 4 ounces of tea mixed with 4 ounces of warm water.
- Day 6: Drink 5 ounces of tea mixed with 4 ounces of warm water.
- Day 7: Drink 6 ounces of tea mixed with 4 ounces of warm water.
- Day 8 through Day 187 (6 months or so of use): Drink 6 ounces of tea mixed with 4 ounces of warm water.
- Day 188 through Day 278 (9 months or so of use): Drink 2 ounces of tea mixed with 4 ounces of warm water.
- Day 279 (after 9 months or so of use from Day 1): Stop drinking the tea for 1 month.
- Day 309 (10 months or so from Day 1): Drink the maintenance dose of 2 ounces of tea mixed with 4 ounces of warm water. Continue this dose forever, if you want.

Usually there is no observable detox symptom. Some people feel a little discomfort in their back or a mild headache. Not sick, but not quite right. Drink a lot of water if you are having detox symptoms. Don't increase your tea ounces until you feel better. It is said that it can take 3 months to clean your blood and organs, and that once you are clean your body can heal itself. For more information about the benefits read, *The Essiac Report: Canada's Remarkable Unknown Cancer Remedy*. No guarantee. We are not doctors. Use at your own risk. Follow your intuition. Not FDA approved.