

A close-up photograph of a person's hands holding a speckled ceramic mug. The person's face is partially visible at the top of the frame, and their hands are positioned on either side of the mug, gripping the handle and the body. The mug is a light brown or tan color with small dark speckles. The background is a soft, out-of-focus light color.

ESSIAC TEA USERS GROUP

LIVE Q&A: TAKING ESSIAC

NATASHA EVANS
OWNER, JUST TEA LLC

JANUARY 26,
2023 @ 6PM CST

SPONSORED BY WWW.JUST-T.COM

Welcome to Taking Essiac!

I'm so happy that you've chosen to make an impact on your life (your loved one, your friend or EVEN your pet) by choosing to use Essiac tea. I recognize that you are looking for answers and hope this information provides you with clear instructions for when and how much Essiac should be taken.

My number one priority is to get you answers to your questions on Essiac.

Please feel free to reach out via the Essiac Tea Users Group on Facebook, or you can email me anytime at justteallc@gmail.com. I look forward to hearing from you!

Natasha Evans

Owner, Just Tea LLC

Medical Disclaimer

This information is not designed to, and does not, provide medical advice. All content, including text, graphics, images and information available on or through this packet are for general informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. You take full legal responsibility for whatever decisions you make regarding your own health care. This material is offered solely for educational purposes. The suggestion is that you think clearly for yourself and make your own decisions, with the input of a licensed health professional should you choose to consult one.

Doing Essiac Well

- Essiac will help you better IF you are willing to help yourself because a tough diagnosis affects every aspect of your life. It may mean making some drastic changes in your life.
- Be an INFORMED patient - it's imperative.
- Trust yourself to know intuitively what's best for you and your own body.
- IF you are suggesting Essiac to a loved one or friend: ask them to join our Essiac Tea Users Group - Facebook (<https://www.facebook.com/groups/EssiacTeaUsers>) and ask questions.

How to Take Essiac

- Do take Essiac on an empty stomach:
 - First thing in the morning and/or right before bedtime
 - 30 minutes to 1 hour after small meals
 - 2 hours after eating a large meal
- Do take Essiac without anything except for clean, warm water (optional)
 - Add 8 tablespoons of hot water to your 2oz dose
- Wait **at least** 15-30 minutes before taking anything else except water.
- When you first start Essiac, you should use half the recommended dosage for the first 7-10 days. This helps minimize major detox symptoms.
- Drink plenty of fluids: We recommend half your weight in ounces (100lbs=50oz) to help the body flush toxins and reduce possible detox symptoms.

Dosage:

- **Cancer/Chronic Illnesses:** The recommended dose is 2oz (60ml or ¼ cup) twice a day with a break of 3-7 days every 4-6 weeks. If you choose to use more the most we recommend is 2oz three times a day for 1 month then take a break for a few days.
- **Preventative:** 2oz (60ml or ¼ cup) once or twice daily for 6 months. After 6 months, take 2oz once a day for a month in the spring and again in the fall, or continue with 2oz once a day with breaks every 4-6 months.
- **Maintenance:** If you've just been given the all-clear (NED; no evidence of disease) from a cancer diagnosis, we suggest you continue taking the tea for 2 additional years at the dosage of 2oz twice daily. Others taking the tea simply for general maintenance should take it seasonally as needed
- *Note: if you are taking Just Tea's premade tea the doses are 1oz instead of 2oz*

Essiac for pets

Essiac Tea Dosage for Kids and Pets

Pet Weight	Milliliter	Teaspoon	Tablespoon	Liquid Ounce
under 5 lbs	.75 ml	1/8 tsp		
5 lbs	1.25 ml	1/4 tsp		
10 lbs	2.5 ml	1/2 tsp		
20 lbs	5 ml	1 tsp		
40 lbs	15 ml	3 tsp	1 Tbsp	1/2 oz
60 lbs	20 ml	4 tsp		
80 lbs	25 ml	5 tsp		
100+ lbs	30 ml	6 tsp	2 Tbsp	1 oz

Note: If you are using Just Tea's premade tea these doses will be half of what is listed

Essiac for Pets

- Pets may experience diarrhea when taking Essiac. It is especially important for the first day they have ready access to go outside.
- Make sure if you can to have plenty of water available for them.
- You can apply the tea directly to skin issues.
- A Syringe or adding the dose to bone broth or wet food often helps with ensuring it's taken.

Essiac DO's and DON'Ts

- Should NOT
 - Be administered intravenously
 - Be left out of the fridge for long periods of time - mold WILL develop
 - Be microwaved or frozen

- Should
 - Be kept out of direct sunlight in a paper bag or amber/opaque container
 - Be taken with breaks to give you body a rest from detoxing

Essiac precautions

- **Organ transplant recipients:** Essiac increases the immune system's response and could conceivably interfere with any immunosuppressive drugs used to help with acceptance of a transplant. Caution is advised.
- **Immunosuppressive drugs:** medications meant to intentionally suppress the immune system will work counter to the intention of Essiac.
- **Low kidney function:** if your body cannot process water correctly, then you will have to watch the extra fluids. We do not normally see any issues with taking essiac UNLESS the kidney function is below 20%.
- **Brain Cancer:** lower doses of Essiac may be needed when proceeding with any type of brain cancer.
- **Statins:** Essiac could affect the liver's ability to process the statin drug, possibly making it's effects longer. Caution is advised.

Essiac precautions

- **Pregnancy:** In general Essiac is safe for use during pregnancy and breastfeeding. For those with autoimmune diseases during pregnancy any immune system boosters may be advised against.
- **Taking during Chemo or Radiation treatments:** We have a RN in our community with 30+ years who has said the following: *“I use all the chemo on the market in the course of a day usually. I have researched each chemo drug plus all the AI’s. I have not found any contraindications that the tea will interfere with. Everyone who drinks it has told me the side effects are MUCH less than when they were just doing chemo. Even people with MTHFR gene mutation, that have blocked pathways (40%) are noticing a difference.”*

Testimonials

"My mama, in her 80s, was diagnosed with stage 3 aggressive uterus cancer. We immediately started her on Just Tea morning and evening, changed her diet and started praying. The doctor insisted on doing a hysterectomy, which Mama let them do. They didn't find any cancer at all in her uterus. That's why we drink Just Tea! Skin cancer runs in my family so each morning I rub Just Tea all over my face and drink an ounce."

"I have used Just Tea for over a period of 20+ years after first researching the product. I was so impressed after being diagnosed with cancer in the urinary tract. Fifteen years later, I'm still clear. I have recommended the product to many others over the years and approximately 90% were pleased with the results. In the last year a remarkable result was experienced by my wife of 65 years. A blue eyed blonde sunbathed in her teens and ten years ago, Squamous Cell cancers began to surface primarily on both legs. During this period, over 15 surgical procedures and more than 30 cancers were frozen. For 9 years, my wife lost sleep due to hives and severe itching. Dermatologists over this period recommended nearly a dozen different ointments and creams, and none provided relief and squamous cells kept surfacing. She thought, and I agreed, that she should try Just Tea. In the last 10 months she has no hives or itching, but another blessings, not one new squamous cell cancer. Unbelievable! Plus, she gets to sleep. Just Tea works for each of us!

References

1. Essiac Tea Users Group customer testimonials
2. Just Tea, LLC customer files
3. Essiac Essentials, Sheil Snow & Mali Klein

Thank you for using this free resource from Just Tea, LLC.

We help individuals who are looking to use alternative methods of treatment, or to reduce symptoms associated with Chemo/radiation. For more information on the products we provide to help with both, visit www.just-t.com.