

ESSIAC TEA USERS GROUP

LIVE Q&A: MAKING ESSIAC

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Welcome to Making 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 making quality Essiac tea.

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.

Making Essiac

1. Gather Supplies
2. Timing the Brew
3. Begin the Brew
4. Let it steep
5. Finish and Can

1. Gather Supplies

Quality Essiac herbs: Vendor List

<https://essiaclibrary.com/2020/05/13/where-do-i-purchase-essiac>

Not all Essiac tea is the same, and there are MANY different companies that provide Essiac tea in varying forms, many of which are ineffective and a waste of money. The list below includes those that produce the [4-herb formula](#) as verified by [Mary McPherson](#), a close personal friend to Rene Caisse. These companies also make sure to include the [important sheep sorrel roots](#) as well as correct brewing instructions (it will be indicated if not). If a premade tea is on the list it does not include additives such as alcohol.

What to look for in an Essiac Vendor:

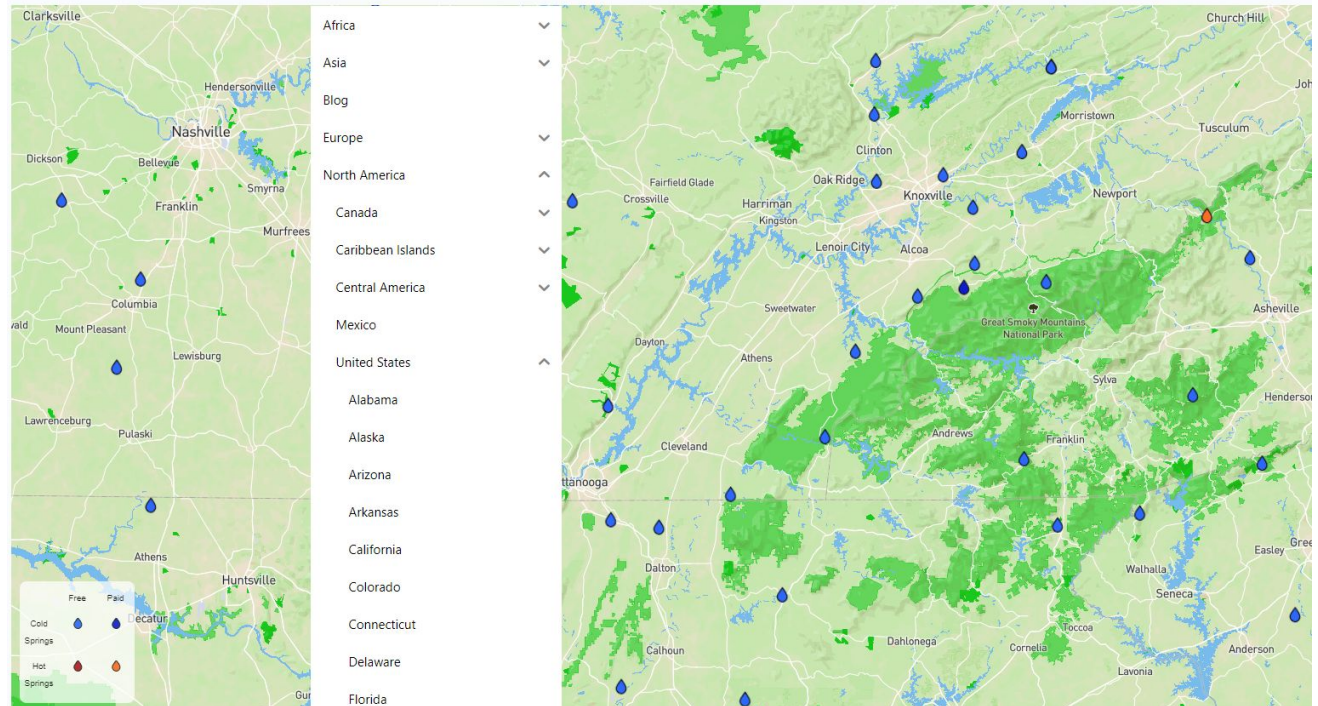
1. **Quality:** ingredients should be organic or wildcrafted and picked during their peak fresh times.
2. **Assistance:** can you hear back from them within 24 hours? Does their site have a clearly listed contact? This is ESPECIALLY important if you have questions on brewing the tea.
3. **Trust:** are you familiar with the people or the company you're about to purchase from? Do you trust what they say is in their product is actually there?

1. Gather Supplies

Quality Water: Recommended water sources include: 'Tested' spring or well water, reverse osmosis, distilled, or filtered water (that removes heavy chemicals as well) such as a berkey or pelican filter.

Locate a spring near you:

<https://findaspring.com/map/>



1. Gather Supplies

DO NOT USE unfiltered tap water. Find out your local water rating (US water sources)

<https://www.ewg.org/tapwater/>

Contaminants Detected

VIEW: EXCEED GUIDELINES OTHER DETECTED

Bromodichloromethane*

Potential Effect: cancer

44x

EWG'S HEALTH GUIDELINE

THIS UTILITY 2.64 ppb

EWG HEALTH GUIDELINE 0.06 ppb

NO LEGAL LIMIT

DETAILS

Chloroform*

Potential Effect: cancer

29x

EWG'S HEALTH GUIDELINE

THIS UTILITY 11.5 ppb

EWG HEALTH GUIDELINE 0.4 ppb

NO LEGAL LIMIT

DETAILS

Chromium (hexavalent)*

Potential Effect: cancer

16x

EWG'S HEALTH GUIDELINE

THIS UTILITY 0.326 ppb

EWG HEALTH GUIDELINE 0.02 ppb

NO LEGAL LIMIT

DETAILS

Dibromochloromethane*

Potential Effect: cancer

2.1x

EWG'S HEALTH GUIDELINE

THIS UTILITY 0.211 ppb

EWG HEALTH GUIDELINE 0.1 ppb

NO LEGAL LIMIT

DETAILS

1. Gather Supplies

Brewing Pot with a lid: Stainless steel, glass or enameled pots will work. A 5 quart pot will usually work for most size brews, but a smaller 3 quart pot will work for smaller batches. A second pot for boiling jars is helpful as well, but not necessary if you don't plan to 'can' the tea.

NO ALUMINUM OR TEFLON COATED POTS!



1. Gather Supplies

Clear or amber canning jars: quart or pint-sized work.

You can use other containers with lids, but we recommend you keep them in the fridge for use.

Jars must be kept out of sunlight (paper bag, sock, or in the fridge) if in clear jars.

If you don't use a lot of tea at a time, add the tea to smaller jars to prevent them from going bad too quickly.



1. Gather Supplies

If using powdered herbs: no strainer or bag is needed. The sediment will stay at the bottom of the pot and some will get into your jars as you pour the tea.

If using cut and sifted herbs:

A cheesecloth bag or stainless steel sieve or strainer will help remove large bits before canning.



1. Gather Supplies

Glass measuring cup: for transferring tea into your containers

Thermometer: not necessary if you aren't canning to keep outside the fridge.

Optional:

Clean towel or plate to keep utensils sterile, and stainless steel tongs to pull jars from boiling water



2. Time the Brew

Depending on how big your batch is, the first part of brewing will take 45 minutes to an hour to bring it to a rolling boil and to wait the 12-15 minutes before turning off the heat.

You'll also want to consider the 10-12 hour steep time and what time that would mean bottling would be.

Example:

1. Start brew at 7:00pm, gets to a rolling boil at 7:45pm and I turn it off at 8:00pm
2. I have to begin the canning process between 6:00am - 8:00am the next morning, which takes approximately another 45 minutes as well.

Recommendation: you start it on a saturday or sunday morning and finish it that evening.

3. Begin the Brew

Add your recommended water and begin bringing it to a **rolling boil**. 4 stages of a boil: **1. Simmer** (cooking food at around 185 degrees) some bubbles but not much action around the top. **This is when you'll want to add your herbs in.**



3. Begin the Brew

Let your water continue through the boil stages:

2. Lazy boil water slowly bubbles to the top, but not consistently. **NOT THERE YET!**
3. Full boil (212 degrees Fahrenheit) boiling actively, **Keep it HERE for 12-15 minutes.** then turn off the heat and look at the clock (that's when you'll want to be back to bottle).
4. Rolling boil (also known as a violent boil) **TOO MUCH BOIL, turn the heat down some.**

3. Begin the Brew

If you used powdered herbs: You'll want to sterilize a utensil for this part: After your 12-15 minutes, scrape any herbs back into the water.

THEN, WE WAIT 10-12 HOURS before the bottling process begins.

Pro tip: If you add herbs when it's boiling you will get major water popping back at you, so if it's gotten too hot turn the heat down first to let it cool some before adding the herbs in.

4. Finish and Can

Wipe down any surfaces your utensils or jars will be in contact with.

Thoroughly wash your hands.

Cut and sifted herbs: remove the cheesecloth bag and squeeze thoroughly.

For either powdered or cut and sifted, you'll want to measure your tea at this point and add more clean water if necessary. Typical water loss can be anywhere from $\frac{1}{4}$ quart to $\frac{1}{2}$ quart depending on how much time was spent brewing with the lid off.

4. Finish and Can

Begin sterilizing jars and utensils: Boil jars for 10 minutes minimum and use stainless steel tongs or canning tongs to pull them out.

I do not personally recommend the oven sterilization method as ovens need to be accurately calibrated, etc for the jars to be properly sterilized.



4. Finish and Can

Bring the tea up to

175-180F/ 79-82C

Check the temperature frequently

When the tea is close to that temperature is when I personally remove my jars from the boiling water. Excess water will quickly evaporate. **BE CAREFUL WITH THIS PROCESS!**



4. Finish and Can

Use your glass measuring cup to begin scooping the tea into the jars.

The jars and tea will be extremely hot - BE CAREFUL!

Use oven mitts if you have to, and make sure to keep the cup on a sterile surface when not in use. Place a canning lid directly on each jar after filling.



4. Finish and Can

Sealed jars will last 6 months.

Once opened, place in the fridge: it will keep for around a month.

Jars must be kept in a cool, dark place (fridge counts).

Clear jars outside the fridge should be in a paper bag or sock to block sunlight.



If you are unsure about the sterility of your utensils, surfaces or jars used, keep the jars in the fridge. Better safe than sorry!

Testimonials

Hello friends. After only a month on the Just Tea pre-made I am pleased to report that as of today, my tumor has receded by a full inch in diameter and portions of the very hard margins have become softer. For a tumor that's as large and dense as mine- grapefruit sized- this is very encouraging progress. Since the only change in my usual protocols has been the addition this past month of the Essiac Tea, I can only attribute this shrinkage to the good Lord above and the tea. I've had tremendous pain and inflammation/swelling the past several days but gradually I am now able to raise my arm over my head, which I've been unable to do for the last several weeks. Naturally I'm hesitant to get overly excited but it surely feels like the sun has come out today after a grim year of fighting this using only natural remedies. God bless the healing hands who prepare my Just Tea and the dedicated admins of our site who got me on the right path. 🙏❤️😊

Hi everyone, first and foremost I would like to thank you all for your overwhelming support and prayers in my last post. I cannot begin to describe how blessed I feel to be part of a group that has such big beautiful hearts. I am truly blessed 🙏. I did say that I would update my results which I received today. I am happy to say that the primary tumour has shrunk by 2mm and out of the 13 lymph nodes only 3 have the cancer in them and stable with no further mets to other lymph nodes in the area. I went through my first scans when diagnosed and the tumour measured 24x24x14mm and today it is 14x15x12mm. It's taken 1.5 years to get that result. As mentioned before it's been a up and down journey and with the last spread, I changed my protocol to include essiac tea. I give credit to the tea in stabilising the lymph nodes and also the collective support and prayers i have received 😊. I was quite scared about going on the tea as I was worried about the stories I read about the tumours coming out through the skin and I didn't know how I would deal with that scenario but my experience with castor oil on my tumours gave me the idea of using that treatment to contain the tumour within the skin and I couldn't say for sure if that is the reason it did but I'm going with that theory 😊, I intuitively feel it was the right move. As you know going the natural route is an extremely difficult one as there is no medical guidance and you become your own doctor in a sense. This in itself is a terrifying thought and one that makes this journey so difficult.

I've still got a big road in front of me to navigate but it is the first time I can say I don't have to work out a new protocol and I can feel some peace with the one I'm on now for the next 3 months before my next lot of tests.

Sending you all big love from my heart and including everyone everyday in my prayers. God bring healing, guidance, peace and much love into all of your lives. ❤️ Jane

Ps. The tea I use is from just tea.

5 weeks ago I was diagnosed with stage 4 cancer. The cancer started in my Patoroid gland and spread through some nymph nodes in my neck area. They also said I had a spot on my vertebrate and in my chest area.

The tumor in the photo had gotten so big that it pushed against my ear drum and I couldnt hear out the left ear, extreme headaches and toothaches.

My Sis in law ordered the essiac just tea premade for me. I took a total of 4oz in two days. That next morning all pain was gone and I had a little ooze from my ear drum area.

A few hours later, I went to my 1st round of Chemo. The photo with my glasses on was from two weeks ago, the other photo you see below is from yesterday.

The tumor in my lymph nodes in my neck are completely gone and the tumor near my ear has been reduced 80%.

Because, I saw the first results of the tea before I took the chemo, I am giving full credit to Essiac. My 2nd round of 8 Chemos is tomorrow.

I think you will agree that the Essiac Tea even helped with my wrinkles and overall general health. I feel great and I am very optimistic that I will beat this cancer.

I know most people here dont have the benefit of seeing what the essiac actually does to a tumor, that is why Im making myself vulnerable to you all.

There is hope..If it does this to my tumors on my face and neck I am praying for the same for my 2 others areas. May God be with you all...Mark



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.

Questions? Message us on Facebook: Just Tea - Essiac tea or email us at justteallc@gmail.com.