

Preparation of Burdock Blend (Essiac) tea and start up directions for taking it.

Each ½ lb of Burdock Blend will make 4: 2 oz (57g) batches (dry measure weight), and 1 lb (454g), will make 8: 2 oz. (57g) batches. There is a little 'extra' of the blend in each ½ lb & 1 lb bag, to be sure you get the full quantities for each batch to brew. [at bottom see how to measure each batch if you don't have a scale to weigh on.]

PREPARATION: Preparation instructions below are for a 'batch' of the blended herbs weighing 2 oz., (57-58g) each, that is added to 10 cups of spring or distilled water (not tap, RO or well,) in a large stainless-steel pot. Bring water to a boil, then reduce heat to a slow rolling boil for 10 full minutes, partially covered, to retain Essential Oils. Stir once or twice during this time. Turn off heat & let pot sit (covered) for 12-16 hours to steep. You can stir once or twice during this time. Then, re-heat to, just prior to a boil, stir, remove from heat and allow to cool a bit, then strain through cheesecloth, (or use Alternative below) and you can bottle in sterilized jars if you wish and store. Keep one quart ready to use, and refrigerate it, [OR store part of batch in freezer until needed]. **Alternative to straining:** Allow concoction to settle in the pot, then slowly pour off the steeped tea, leaving residue on bottom of pot. If residue begins to mingle, allow to settle again, then pour off remainder of tea. This may take 3 or 4 attempts to get as much of the brewed tea as you can. A bit of the residue may be in your brew, this is ok, but try to eliminate as much as you can as it could scratch your throat a bit and has little value due to the beneficial elements being leached out during the steep. Residue can be thrown out as benefits have been mostly depleted. **Never heat the tea in a microwave!**

DIRECTIONS FOR USE: Measure & dilute 2 oz (60 ml) or more, (liquid measure) [1 oz fluid (30 ml) is generally the size of a shot glass] of tea, **then** add an **equal amount** of water (always 1:1) spring or distilled, (not tap nor RO), **but the same water you brewed the tea with.** {Note: the 'extra' water you need to drink during the day to flush out toxins, can be any water you would normally drink, but in diluting the Essiac 1:1, always use the same type of water you brewed the tea in.}

Take on an empty stomach, one hour before or after eating or taking any other medications, once or twice a day. When taking for first time, take less than 2 oz a day, if you get headaches or upset stomach. Build up to 2 - 4 oz (or more) once or twice a day over the period of 1 or 2 weeks if need be, giving your body a chance to adjust to this very potent blend. **Always** dilute (1:1) by the same amount of same water as was used to make it. If you don't, it can do serious damage to your liver, as was the experience of one of my male customers, who refused to dilute. When his cancer returned a year or so later, he was unable to take Essiac any more, due to the organ damage he'd caused previously.

Its' fine if taken cold or at room temperature. Taste is minimal. Never add anything to the tea. In the refrigerator, the tea will be ok for about 2 weeks - beyond that, smell it before consumption to see if it's going moldy. **Or, as mentioned above, freeze some of it and thaw as needed, it and you won't have to worry about it becoming mouldy.** More info re: dosages found in other pdf documents at <http://www.appletreebulkherbs.ca/pdf-docs-re-burdock-blend-tea.php> or on the sheets you'd have received the first time you ordered this tea from Apple Tree Bulk Herbs.

Some people don't have a kitchen type weight scale, digital or otherwise, thus you can get approximately the needed 57-58g (2 oz) dry measure, by using a baking or kitchen type 'dry measure' 1/2 cup measuring cup. Fill the ½ cup and level it off. Then **remove** 1 heaping TABLESPOON (cooking type measuring spoon, not a tablespoon you eat soup with.) This will give you very close to the precise amount of the 2 oz. (57-58g) quantity for making 1 batch of Burdock Blend (Essiac).

IMPORATANT: [When you decide to go off the tea, **it's imperative that you wean yourself off the tea slowly, just as you had to wean yourself onto it.** Give your body a chance to adjust to the change of **not** taking it. Also, had you used this tea for a cancer situation, and you're clear of that now, it's very important to consider taking a maintenance dose of this tea for perhaps 2-3 months, 2 or 3 times each year. A maintenance dose can be 3 to 5 oz. per day, **once a day.** If you've had cancer, you're a prime candidate for getting it again at some point. Some Oncologists will tell you, in about 5 years, cancer will show up again somewhere else in your body. It can come back in less than 5 years too. So, again, consider taking maintenance doses 2-3 times a year to prevent a return.]