



# The Laube Holistic Health Solutions

*For the freedom of Health*

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## **How to make ESSIAC - the Rene Caisse Herbal Tea**

### Recipe and directions for use

Each 15 g monthly pack consists of approximately:

- 8 gr chopped burdock root
- 5 gr ground sheep sorrel leaves and stems
- 1.5 gr ground slippery elm bark
- 300 mg ground turkey rhubarb root
- 300 mg ground sheep sorrel root

Store dried herbs in a cool, dark, dry place. Shelf life of the product is 1 year.

It is forbidden by law to give indications as to any health benefits connected to the Caisse formula or any other products. For further information please visit [www.activatedmineralsolution.com](http://www.activatedmineralsolution.com)

### **Product information**

Only 15g of dry herb mix is used to prepare each mix.

The body recognizes the formula primarily as a food supplement which is why it is called a tea.

All the remedial value of the tea may be lost if it is frozen or microwaved.

It is important the herbs are left to steep for the full duration of the period suggested as the root and bark ingredients need time to fully absorb the water in order to release their properties.

### **Preparation guidelines**

#### **1. Ingredients to prepare:**

- 15 gr. dry Caisse formula tea
- 1.5 liters of bottled water or filtered spring water if possible (the lower sodium content the better)

#### **2. Equipment to prepare:**

You will need:

- 1 large enamel pot or heat proof glass or stainless steel cooking pan with well-fitting lid
- 1 heatproof glass measuring jug
- 1 stainless steel kitchen sieve
- 1 stainless steel cooking spoon for stirring
- Glass bottles with lids to store 1.5 liters of liquid (ideally amber glass)
- Sterilizing solution as used for baby bottles to sterilize the sieve, spoon and bottle tops. Do not use winemaking sterilizing fluid, bleach or sodium metabisulphite

#### **3. Before preparation:**

**IMPORTANT! Before you make the tea, sterilize all equipment used for making and storage:**

- Sterilize the pan, tops, sieve and spoon: boil in the pan with the lid on for 10 min.
- Sterilize the bottles and measuring jug by boiling as above or heating them in the oven 1t 150 C/ 300 F/ gas 2 for 20 min.

- You can use Milton or any other baby sterilizing solution but remember to rinse equipment in cooled, boiled water at least 3 times before use.

### **1st stage:**

- Pour 1.5 liters of bottled or filtered water into the pan, bring to the boil and add 15 gr of dried ESSIAC herbs.
- Place lid and boil for another 10 minutes.
- Remove pan from the heat and stir the mixture thoroughly with a clean spoon that has been well-rinsed in boiling water.
- Cover the tea and allow it to cool gradually in the pan for 10-12 hours

**IMPORTANT!** The lid should be kept on in order to avoid unnecessary contamination from airborne bacteria.

### **2nd stage:**

**IMPORTANT!** Ensure that all the remaining equipment, including the lids and the seals for the bottles are clean and sterilized.

- Reheat the tea to steaming hot. **DO NOT REBOIL**
- Allow the herbs to settle for a few minutes before straining through the sieve (do not filter) into the sterilized measuring jug, and pour into bottles. Having some sediment at the bottom of the bottles is quite normal.
- Seal the bottles immediately with the sterilized lids.
- Cool the bottles quickly by standing bottles in tepid water.
- Refrigerate the bottles once they have cooled.

### **Therapeutic dosage**

- According to the Rene Caisse's recommended dose for rebalancing health: dilute 30 ml tea with 60 ml hot water and sip slowly as a tea once a day
- Take the tea on an empty stomach. Do not eat for 1 hour before and 2 hours after taking the tea. Preferably before bedtime
- Do not take the tea at the same time as other medication
- Maintenance dose: dilute 15 ml tea with 60 ml hot water once a day for long-term and preventative use

## **4. Preserving and Storage**

There are no preservatives in the tea. Like jam or bottled fruit, it will go off early when:

- Equipment has not been properly sterilized
- The tea has been unnecessarily exposed to air or finger borne bacteria during preparation
- The bottled tea has been left to cool down for too long with the bottle caps loosely sealed
- It has been left out of the fridge at room temperature for long periods
- The dry herb mixture has been stored in plastic or badly sealed containers in warm or damp conditions prior to use.
- New, previously unused medicine bottles make for the most convenient storage in the fridge.
- The herbs strained off during preparation will keep well in a covered container in the fridge for several days. They can be warmed up and used for poulticing as needed.

Only properly sealed preserving jars will keep the tea well in a cool darkened cupboard. All other bottles should be kept in the fridge. All jars and bottles of the tea must be refrigerated immediately after opening. If the tea develops mold in the bottle, discard immediately.