

THE **ESSIAC** HANDBOOK

*Canada's Amazing Ojibway Herbal Remedy That
Has Cured Thousands of Cancer, Chronic Fatigue,
Lupus, AIDS, and Other Illnesses*



A Shaman's Blessing

Builds the Immune System
Removes Heavy Metals

Detoxifies The Body
Restores Energy Levels

"Essiac Is A Cure For Cancer, Period."

- J.F.K.'s Personal Physician: C.A. Brush, M.D.

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Foreword

For years now I have been interested in alternative cures for debilitating diseases which seem to threaten all of us, such as cancer, AIDS, multiple sclerosis, lupus, chronic fatigues, alzheimers, etc. In the course of pursuing this interest, I was enthusiastic about some treatment methods which appeared successful. However, this enthusiasm was nothing compared to the enthusiasm and excitement I felt when I discovered the story of Rene Caisse's herbal remedy which she called Essiac.

I believe that you will find this handbook very informative and interesting. The story of the development of Essiac, the struggle to get this knowledge out to the public, and the information available about the documented cases of thousands of persons being cured of cancer and other diseases, is a story you want to know.

Knowledge of Essiac may change your life. It may give you the knowledge to make more informed decisions for yourself and your loved ones concerning cancer, AIDS, and other prevalent diseases which threaten every American family. I am hoping that this booklet will also give many of you enough knowledge and interest in the four common herbs of Rene's herbal formula so that you will seek out herbalists who can teach you how to identify, collect and process your own Essiac!

This handbook is written with the objective of getting the word out to as many people as possible about Rene's discovery. Please feel free to copy it and to give these copies to your friends. If you get as enthusiastic about Essiac as I am, I am sure that you will find yourself, as I do, mentioning it to many of your friends and acquaintances. You may also, as I do, find yourself taking Rene's herbal remedy daily as a Preventative and Detoxifier.

In summary, the information contained herein is offered to you in the spirit of love and brotherhood. We hope that you accept it as such, process the information, and pass it along in the spirit of love and brotherhood!

In today's society we live with a lot of fear. It is my hope that your knowledge of Rene's work may better assist you to live without fear concerning several of our most dangerous diseases.

I am not a physician. I am a researcher. I make no claims that Essiac will cure you. I simply report to you the information which is already available in other books and magazine articles. Make your own conclusions. Consult your doctor.


James Percival

Dedication

This handbook is dedicated to the Native American herbalists and elders whose wisdom and understanding of nature led to the development of the Rene Caisse herbal formula known as Essiac.

This handbook is also dedicated to Dr. Gary L. Glum, whose courageous struggle let the knowledge of Essiac be known to us.

Background

Rene Caisse was a nurse in Canada. In 1923 she observed that one of her doctor's patients, a woman with terminal cancer, made a complete recovery. Inquiring into the matter, Rene found that the woman had cured herself with a herbal remedy which was given to her by an Ojibway indian herbalist. Rene visited the medicine man, and he gladly and freely presented her with his tribe's formula. He explained that the Ojibway used their herbal remedy for both spiritual balance and body healing. The formula consisted of four common herbs. They were blended and cooked in a fashion which caused the concoction to have greater curative power than any of the four herbs themselves. The four herbs were Sheep Sorrel, Burdock Root, Slippery Elm Bark, and Rhubarb Root.

With her doctor's permission, Rene began to administer the herbal remedy to other terminal cancer patients who had been given up by the medical profession as incurable. Most recovered.

Rene then began to collect the herbs herself, prepare the remedy in her own kitchen, and to treat hundreds of cancer cases. She found that Essiac, as she named the herbal remedy, could not undo the effects of severe damage to the life support organs. In such cases, however, the pain of the illness was alleviated and the life of the patients was extended longer than predicted. In the other cases, where the life support organs had not been severely damaged, cure was complete, and the patients lived another 35 or 40 years. Some are still alive today.

Rene selflessly dedicated herself to helping these patients. She continued to treat hundreds of patients from her home. She did not charge for her services. Donations were her only income. They barely kept her above the poverty line. Over the years word of her work began to spread. The Canadian medical establishment did not take kindly to this nurse administering this remedy directly to anyone with cancer who requested her help. Thus began many years of harassment and persecution by the Canadian Ministry of Health and Welfare. Word of this struggle was carried throughout Canada by newspapers.

The newspaper coverage of Rene's work began to make her famous throughout Canada. Word was also spread by the families of those healed by Essiac.

Eventually, the Royal Cancer Commission became interested in her work. They undertook to study Essiac.

In 1937 the Royal Cancer Commission conducted hearings about Essiac. Much testimony was furnished that Essiac was a cure for cancer.

Eventually the Canadian Parliament, prodded by the newspaper coverage and the widespread support generated for Rene by former patients and grateful families, voted in 1938 on legislation to legalize the use of Essiac. Fifty-five thousand signatures were collected on a petition presented to the Parliament. The vote was close, but Essiac failed by three votes to be approved as an officially sanctioned cure for cancer.

The complete story of Rene Caisse's life and struggles is told in a book written by Dr. Gary L. Glum entitled The Calling of An Angel. It tells of the documented recovery of thousands of cancer patients who had been certified in writing by their doctors as incurable. Rene continued her work for 40 years until her death in 1978. Rene had entrusted her formula to several friends, one of whom passed the formula along to Dr. Glum.

Of interest is that, in the 1960s, Rene Caisse worked with the well known Brusck Clinic in Massachusetts. Dr. Charles A. Brusck was the personal physician for President John F. Kennedy. After 10 years of research about Essiac, Dr. Brusck made the following statement: "Essiac is a cure for cancer, period. All studies done at laboratories in the United States and Canada support this conclusion". A testimonial letter from Dr. Brusck is included in this handbook.

Further details of these interesting situations are explained in Dr. Glum's book. Instructions on how to order a copy of the book are contained in this handbook. Dr. Glum also distributes, free of charge, the complete formula for Essiac along with instructions on how to brew it. This information is also contained in this handbook. We are very indebted to Dr. Glum for his work. He has undergone significant sacrifice to get this information to us. Dr. Glum has also been harassed by his government for his efforts to inform us about Essiac. We know that the laws of the universe will greatly repay him for the losses he has incurred while working to spread the word about Rene Caisse's herbal formula.

What It Is

Rene Caisse's herbal formula contains four commonly occurring herbs:

Sheep Sorrel (*Rumex acetosella*).

The leaves of young Sheep Sorrel plants were popular as a cooking dressing and as an addition to salads in France several hundred years ago. Indians also use Sheep Sorrel leaves as a tasty seasoning for meat dishes. They also baked it into their bread. Thus it is both an herb and a food.

Sheep Sorrel belongs to the buckwheat family. Common names for Sheep Sorrel are field sorrel, red top sorrel, sour grass and dog eared sorrel. It should not be confused with Garden Sorrel. (*Rumex acetosa*).

Sheep Sorrel grows wild throughout most of the world. It seeks open pastures, rocky areas, and the shoulders of country roads. It is considered to be a common weed throughout the U. S. It thrives with little moisture, and is a good indicator of acidic soils.

The entire Sheep Sorrel plant may be harvested to be used in Essiac. Or just the leaves and stems may be harvested, and this allows the plants to be "reharvested" later. The plant portion of the Sheep Sorrel may be harvested throughout the spring, summer, and fall, to be taken early in the morning after the dew has evaporated, or late in the afternoon. Always harvest on a sunny day, as the plants need several days after a rain in which to dry properly. Harvest the leaves and stem before the flowers begin to form, since at this stage, all of the energy of the plant is in the leaves.



THE SHEEP SORREL PLANT

Roots may be harvested in the fall, when the energy of the plant is concentrated in the roots. Never collect more than a years supply of Sheep Sorrel, as it loses its potency when stored longer.

Sheep Sorrel can be found commercially available. However sometimes the yellow dock plant is substituted for the Sheep Sorrel. So be sure that you only purchase Sheep Sorrel which is "certified organic".

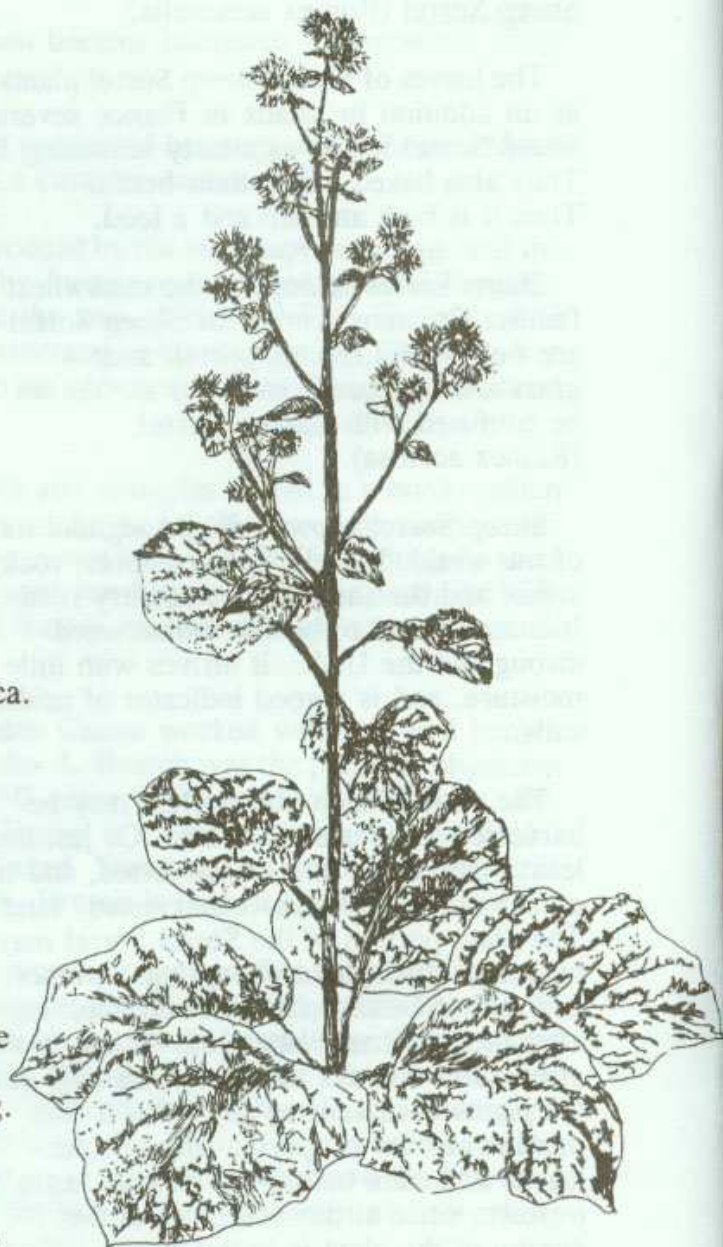
Burdock Root (*Arctium lappa*).

The roots, young stems, and seeds of the Burdock plant are edible. Young stalks are boiled to be eaten like asparagus. Raw stems and young leaves are eaten in salads. Parts of the Burdock plant are eaten in China, Hawaii, and among the Native American cultures on this continent. It is then, both a herb and a food.

The Burdock is a member of the thistle family. Remember the last time you cleaned cockleburs from your clothing after a sojourn in the woods or meadow? Chances are, you had run up against this very friendly and helpful plant, you just didn't know it! It is a common pasture weed throughout North America. It prefers damp soils.

The first years the Burdock plant produces only green leafy growth. It is during the second year that it produces the long sturdy stems with annoying burrs.

The root of the Burdock plant is harvested. It is harvested from only the first year plants. The roots are about an inch wide, and up to three feet long. As with the Sheep Sorrel, the roots should only be harvested in the fall when the plant energy is concentrated in the roots. And again, purchase your roots only from a reliable supplier.



BURDOCK LEAF & ROOT

Slippery Elm (*Ulcus fulva*).

The inner bark of the Slippery Elm tree has a long history of use as a food supplement and herbal remedy. Pioneers knew of it as a survival food. The

powdered bark has long been used, and is still being used today, as a food additive and food extender, rich in vitamin and mineral content. Thus it also is a food.

The Slippery Elm is a favorite shade and ornamental tree. It is found throughout Canada and the United States.

Only the inner bark of the Slippery Elm is used to make Essiac. Reliable supplies of Slippery Elm can be purchased in powdered form, and this is probably easier and preferable to harvesting it yourself.

Should you wish to harvest your own Slippery Elm, strip the bark from branches, rather than from the main trunk system of the tree so that you do not damage the tree.

Turkey Rhubarb (*Rheum palmatum*).

We have all eaten Rhubarb. Its red, bittersweet stems are to be found in supermarket produce shelves each Spring. We also eat rhubarb pie, jams and pudding. The Turkey Rhubarb is a member of the rhubarb family with roots which contain a particularly strong and desirable potency.

The Turkey Rhubarb grows in China. The roots are harvested when the plants are at least six years old. This imported product has more potency than our native rhubarb. Rene Caisse began her Essiac work using the domestic rhubarb root, later discovering that the imported variety was more potent. However, most of the Turkey Rhubarb which is now imported into this country is irradiated, which destroys many of its curative properties. So native rhubarb is now once again the rhubarb of choice for your Essiac blend.

When rhubarb root is unavailable, the yellow dock root (*Rumex crispus*) may be substituted in the Essiac formula. It, like rhubarb, acts as a purgative.

Notes:

1. Should you choose to harvest your own plants, we strongly suggest that you follow the Native American practice of saying a short prayer to the plants before you harvest them. Thank them for the help they will give you. We believe that your plants, thus consecrated, will be more potent and effective.
2. Keep your eye out for classes on herbs and herb identification. Seek out herbalists who are willing to educate you on plant identity, harvesting techniques, plant drying and processing.
3. Do not collect herbs from areas where insecticides or herbicides have been used. You want only organic herbs!

The Formula

Note: Many of you may prefer to purchase your Rene Caisse herbal drink in bottles. Others may wish to buy a package of the dried herb mixture and brew their own. We provide mail order instructions for both on page 14. The original formula, as given by Rene Caisse, is listed below. We are reprinting here her exact instructions for a two gallon batch, although you would probably not need such a large amount at one time. A smaller amount is offered in the mail order dried herbal package (see pg. 14) which makes 1/2 gallon of Essiac (which is a two week or four week supply, depending upon whether you take it once or twice daily).

Ingredients:

- 52 parts: Burdock Root (cut or dried) (parts by weight)
- 16 parts: Sheep Sorrel (powdered)
- 1 part: Turkey Rhubarb (powdered) or 2 parts domestic Rhubarb
- 4 parts: Slippery Elm (powdered)

This is the basic four herb formula which was presented to the Royal Cancer Commission in 1937 and was found by them to be "a cure for cancer". Later in her life, while working with Dr. Charles Brusck in Massachusetts, Rene added small potentizing amounts of four other herbs to her basic four herb formula. As provided to us by a woman who worked with Rene, and was given the formula by Rene, these extra four herbs were added as follows: Kelp (2 parts), Red Clover (1 part), Blessed Thistle (1 part), Watercress (0.4 parts). We consider the addition of these four extra herbs optional.

Supplies Needed:

- 4 gallon stainless steel pot with lid
- 3 gallon stainless steel pot with lid
- Stainless steel fine mesh double strainer, funnel & spatula
- 12 or more 16 oz. sterilized amber glass bottles with airtight caps, or suitable substitutes.

Preparation:

1. Mix dry ingredients thoroughly. Place herbs in a plastic bag and shake vigorously. Herbs are light sensitive; keep stored in a cool dark place.
2. Bring 2 gallons of sodium free distilled water to a rolling boil in the 4 gallon pot (with lid on). Should take approximately 30 minutes at sea level.
3. Stir in 1 cup of dry ingredients. Replace lid and continue to boil for 10 minutes.
4. Turn off stove. Scrape down the sides of the pot with the spatula and stir mixture thoroughly. Replace the lid.
5. Allow the pot to remain closed for 12 hours. Then turn the stove to the

highest setting and heat to almost a boil (approximately 20 minutes). Do not let boil.

6. Turn off the stove. Strain the liquid into the 3 gallon pot. Clean the 4 gallon pot and strainer. Then strain the filtered liquid back into the 4 gallon pot.
7. Use the funnel to pour the hot liquid into sterilized bottles immediately, and tighten the caps. After the bottles have cooled, retighten the caps.
8. Refrigerate. Rene's herbal drink contains no preservative agents. If mold should develop, discard the bottle immediately.

Caution: All bottles and caps must be sterilized after use if you plan to reuse them for Essiac. Bottle caps must be washed and rinsed thoroughly, and may be cleaned with a 3% solution of food grade hydrogen peroxide (may be purchased in health food stores). To make a 3% solution, mix 1 ounce of 35% food grade hydrogen peroxide with 11 ounces of sodium free distilled water. Let soak for 5 minutes, rinse and dry. If food grade hydrogen peroxide is not available, use one half teaspoon of Clorox to one gallon of distilled water.

Instructions for Use (as reported by Dr. Glum)

1. Keep refrigerated.
2. Shake bottle well before using.
3. May be taken either cold from the bottle, or warmed (never microwave).
4. As a Preventative, daily take 4 tablespoons (2 ounces) at bedtime or on an empty stomach at least 2 hours after eating.
5. Cancer and AIDS sufferers, or other ill people, may wish to twice daily take 4 tablespoons (2 ounces), once in the morning, 5 minutes before eating, and once in the evening, at least 2 hours after eating.

Note: a. Stomach Cancer patients must dilute the herbal drink with an equal amount of sodium free distilled water.

- b. Many people have reported that Rene's drink works well to detoxify the body, and have taken it as a detoxification program.

Precaution: Some doctors advise against taking the herbal formula while pregnant.

Recommendation: Rene reported that the twelve hour brewing process is essential for Essiac to have its special powers. Essiac is being offered to the public in pills, teabags, and homeopathic drops. We do not recommend them. They may work, but they are not what Rene Caisse used, nor have we seen evidence that they work.

What It Does

The components of Rene's herbal drink interact to have an amazing effect on the human body. The chemicals, minerals, and vitamins all act synergistically together to produce a variety of healing agents.

Sheep Sorrel:

Sorrel plants have been a folk remedy for cancer for centuries both in Europe and America. Sheep Sorrel has been observed by researchers to break down tumors, and to alleviate some chronic conditions and degenerative diseases.

It contains high amounts of vitamins A and B complex, C,D,E,K,P and vitamin U. It is also rich in minerals, including calcium, chlorine, iron, magnesium, silicon, sodium, sulphur, and has trace amounts of copper, iodine, manganese and zinc. The combination of these vitamins and minerals nourishes all of the glands of the body. Sheep Sorrel also contains carotenoids and chlorophyll, citric, malic, oxalic, tannic and tartaric acids.

The chlorophyll carries oxygen throughout the bloodstream. Cancer cells do not live in the presence of oxygen. It also:

- reduces the damage of radiation burns
- increases resistance to X-rays
- improves the vascular system, heart function intestines, and lungs
- aids in the removal of foreign deposits from the walls of the blood vessels
- purifies the liver, stimulates the growth of new tissue
- reduces inflammation of the pancreas, stimulates the growth of new tissue
- raises the oxygen level of the tissue cells

Sheep Sorrel is the primary healing herb in Essiac.

Burdock Root

For centuries Burdock has been used throughout the world to cure illness and disease. The root of the Burdock is a powerful blood purifier. It clears congestion in respiratory, lymphatic, urinary and circulatory systems. It promotes the flow of bile, and eliminates excess fluid in the body. It stimulates the elimination of toxic wastes, relieves liver malfunctions, and improves digestion. The Chinese use Burdock Root as an aphrodisiac, tonic, and rejuvenator. It assists in removing infection from the urinary tract, the liver, and the gall bladder. It expels toxins through the skin and urine. It is good against arthritis, rheumatism, and sciatica.

Burdock Root contains vitamins A, B complex, C, E, and P. It contains high amounts of chromium, cobalt, iron, magnesium, phosphorus, potassium, silicon,

and zinc, and lesser amounts of calcium, copper, manganese, and selenium.

Much of the Burdock Roots curative power is attributed to its principal ingredient of Unulin, which helps to strengthen vital organs, especially the liver, pancreas, and spleen.

Slippery Elm Inner Bark

Slippery Elm Bark is widely known throughout the world as a herbal remedy. As a tonic it is known for its ability to sooth and strengthen the organs, tissues, and mucous membranes, especially the lungs and stomach. It promotes fast healing of cuts, burns, ulcers and wounds. It revitalizes the entire body.

It contains, as its primary ingredient, a mucilage, as well as quantities of gallic acid, phenols, starches, sugars, the vitamins A, B complex, C, K, and P. It contains large amounts of calcium, magnesium, and sodium, as well as lesser amounts of chromium and selenium, and trace amounts of iron, phosphorous, silicon and zinc.

Slippery Elm Bark is known among herbalists for its ability to cleanse, heal, and strengthen the body.

Rhubarb

Rhubarb, also a well known herb, as been used worldwide since 220 BC as a medicine.

The Rhubarb root exerts a gentle laxative action by stimulating the secretion of bile into the intestines. It also stimulates the gall duct to expel toxic waste matter, thus purging the body of waste bile and food. As a result, the liver is cleansed, and chronic liver problems are relieved.

Rhubarb root contains vitamin A, many of the B complex, C, and P. Its high mineral content includes calcium, chlorine, copper, iodine, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium, sulphur, and zinc.

Rene Caisse's Herbal Drink Has The Following Therapeutic Activity:

1. Prevents the buildup of excess fatty deposits in artery walls, heart, kidney and liver.
2. Regulates cholesterol levels by transforming sugar and fat into energy.
3. Destroys parasites in the digestive system and throughout the body.
4. Counteracts the effects of aluminum, lead and mercury poisoning.
5. Strengthens and tightens muscles, organs and tissues.

6. Makes bones, joints, ligaments, lungs, and membranes strong and flexible, less vulnerable to stress or stress injuries.
7. Nourishes and stimulates the brain and nervous system.
8. Promotes the absorption of fluids in the tissues.
9. Removes toxic accumulations in the fat, lymph, bone marrow, bladder, and alimentary canals.
10. Neutralizes acids, absorbs toxins in the bowel, and eliminates both.
11. Clears the respiratory channels by dissolving and expelling mucus.
12. Relieves the liver of its burden of detoxification by converting fatty toxins into water-soluble substances that can then be easily eliminated through the kidneys.
13. Assists the liver to produce lecithin, which forms part of the myelin sheath, a white fatty material that encloses nerve fibers.
14. Reduces, perhaps eliminates, heavy metal deposits in tissues (especially those surrounding the joints) to reduce inflammation and stiffness.
15. Improves the functions of the pancreas and spleen by increasing the effectiveness of insulin.
16. Purifies the blood.
17. Increases red cell production, and keeps them from rupturing.
18. Increases the body's ability to utilize oxygen by raising the oxygen level in the tissue cells.
19. Maintains the balance between potassium and sodium within the body so that the fluid inside and outside each cell is regulated: in this way, cells are nourished with nutrients and are also cleansed.
20. Converts calcium and potassium oxalates into a harmless form by making them solvent in the urine. Regulates the amount of oxalic acid delivered to the kidneys, thus reducing the risk of stone formation in the gall bladder, kidneys, or urinary tract.
21. Protects against toxins entering the brain.
22. Protects the body against radiation and X-rays.
23. Relieves pain, increases the appetite, and provides more energy along with a sense of well being.
24. Speeds up wound healing by regenerating the damaged area.
25. Increases the production of antibodies like lymphocytes and T-cells in the thymus gland, which is the defender of our immune system.
26. Inhibits and possibly destroys benign growths and tumors.
27. Protects the cells against free radicals.

Essiac and Chronic Fatigue, Lupus, Alzheimers, Etc.

We have found Essiac to be very helpful to many people with Chronic Fatigue Syndrome, Lupus, Multiple Sclerosis, and Alzheimers. To the best of our knowledge, all Lupus sufferers who have taken Essiac have been significantly helped. We have also witnessed very rapid recoveries among chronic fatigue sufferers. Usually they report a very dramatic increase in energy. Some multiple

sclerosis sufferers had less dramatic, but steady improvements in their conditions. One lady put her crutches away after taking Essiac for three months. Alzheimers sufferers have reported improvements. Some with arthritis have reported improvement, although apparently not all arthritic sufferers are helped by Essiac.

It appears that Essiac's actions to remove heavy metals, detoxify the body, restore energy levels, and rebuild the immune system, all act to restore the body to a level to where it is able to better defeat the illness. In other words, Essiac rebuilds the immune system and improves the illness defeating ability of the body so that it can then rid itself of the illness.

Essiac and AIDS

In 1993 Dr. Gary Glum worked with an AIDS project in Los Angeles. The project had sent 179 AIDS patients home to die. They had pneumocystis carinii and histoplasmosis. Their weight was down and their cell counts were less than ten.

The project gave Dr. Glum five of these patients to work with. He took them off AZT and put them on a protocol of taking 2 ounces of Essiac three times a day. By February of 1994, all of the other patients had died. Dr Glum's five patients were still alive. They were exercising, eating three meals a day, their weights were back to normal, and they had no appearance of illness.

An Endorsement by Dr. Julian Whitaker, M.D.

Dr. Julian Whitaker publishes a very informative and enlightening monthly newsletter named Health & Healing. It has 430,000 subscribers. In his November, 1995 issue he has an article titled "What I Would Do If I Had Cancer". He states that if he had cancer, he personally would follow a regimen which included changing his diet, taking the nutritional supplements Vitamin C, Shark Cartilage, Coenzyme Q10, and he would take Essiac tea.

Dr. Whitaker has over twenty years of experience. He has written five major health books: *Reversing Heart Disease*, *Reversing Diabetes*, *Reversing Health Risks*, *A Guide to Natural Healing*, and *Is Heart Surgery Necessary?* Dr. Whitaker directs the Whitaker Wellness Institute in Newport Beach, California, which has treated thousands of patients. Should you desire information about subscribing to his newsletter, call (800)705-5559.

I highly recommend this newsletter to anyone who has a serious illness and wishes to become more knowledgeable about the complete range of healing modalities which are available. He also proscribes a 7 step 30 day wellness program "that will turn your life around".

Random Quotes From Rene Caisse:

"Though I worked each day from 9am to 9pm, my work was so absorbing there was no sense of fatigue. My waiting room was a place of happiness where people exchanged their experiences and shared their hope. After a few treatments, patients seemed to throw off their depression, fear, and distress. Their outlook became optimistic and as their pain decreased, they became happy and talkative."

"I could see the changes in some of the patients. A number of them, presented to me by their doctors after everything known to medical science had been tried and failed, being literally carried into my clinic for their first treatment. To later see these same people walk in on their own, after only five or six treatments, more than repaid me for all of my endeavors. I have helped thousands of such people. Some weeks I would have five or six hundred patients. I offered the treatment at no charge."

"Most importantly, and this was verified in animal tests conducted at the Brush Medical Center and other laboratories, it was discovered that one of the most dramatic effects of taking this remedy was its affinity for drawing all of the cancer cells, which had spread, back to the original site at which point the tumor would first harden, then later soften until it vanished altogether. In other cases, the tumor would decrease in size to where it could be surgically removed with minimal complications."

Disclaimer:

We are not permitted, nor do we, in this handbook make any claims that Rene Caisse's herbal formula will cure any disease. We have only gathered together in this easy-to-read handbook all of the already published information that is available to the general public about Rene's herbal remedy so that you may better make informed decisions. The documents which were used to compile this handbook are listed in the bibliography. Consult your physician before using Rene Caisse's herbal remedy.

Internet Information:

You may wish to check us out on the internet. Our website addresses are:

www.remedies.net
www.essiacsource.com
www.cancerinformation.org
www.cwpd.com/organicseasalt

Bibliography & Reading List

The Calling of an Angel by Dr. Gary Glum, 1988, Silent Walker Publishing, PO Box 80098, Los Angeles CA, 90080

The Medicine Man's Gift by Caitlin Grieve. Available for \$12.00 postpaid from Canadian Heritage Books and Manuals, 6-2400 Dundas St. West, Suite 248, Mississauga, Ontario L5K 2R8, Canada

The Essence of Essiac by Sheila Snow, 1993

Essiac: Nature's Cure For Cancer: An Interview with Dr. Gary Glum by Elisabeth Robinson, "Wildfire Magazine", Vol. 6, No. 1

Cancer Therapy by Ralph W. Moss, Ph.D., Equinox Press, 331 W. 57th St., Suite 268, New York, NY 10019, 1992

Health & Healing newsletter by Dr. Julian Whitaker, Phillips Publishing, 7811 Montrose Rd., Potomac MD 20854

Source List of Suppliers

1. Bottles of Rene Caisse's Herbal Remedy: Bottles of the herbal remedy can be purchased by mail order for \$14.50 per 16 oz. bottle, plus \$3.00 shipping and handling for orders up to \$25.00 and \$5.00 for orders over \$25.00. Made using only organic herbs, with rigid adherence to Rene's formula (her basic 4 herb formula enhanced with the additional 4 potentizing herbs).

2. Dried Herbal Mix: Should you wish to prepare your own Rene Caisse herbal drink, you may mail order packets of the dried herb combination. Each packet will allow you to prepare approximately one half gallon of the drink. The cost is \$12.00 per packet plus \$3.00 shipping and handling for orders up to \$25.00 and \$5.00 for orders over \$25.00.

To Mail Order Additional Copies of The Handbook, Bottles of Rene Caisse's Herbal Remedy, and The Dried Herbal Mix: Visa, Mastercard & Discover accepted. Telephone orders Mon., Wed. & Friday, 9:00 am to 4:00 pm.

Natural Heritage Enterprises
4524 Curry Ford Rd., Suite 530
Orlando FL 32812
Tel: (407) 859 8638

CHARLES A. BRUSCH, M.D.
15 GROZIER RD.
CAMBRIDGE, MASSACHUSETTS 02138

April 6, 1990

TO WHOM IT MAY CONCERN:

Many years have gone by since I first experienced the use of ESSIAC with my patients who were suffering from many varied forms of Cancer.

I personally monitored the use of this old therapy along with Rene Caisse R.N. whose many successes were widely reported. Rene worked with me at my medical clinic in Cambridge, Massachusetts and where, under the supervision of 18 of my many medical doctors on staff, she proceeded with a series of treatments on terminal Cancer patients and laboratory mice and together we refined and perfected her formula.

On mice it has been shown to cause a decided recession of the mass and a definite change in cell formation.

Clinically, on patients suffering from pathologically proven Cancer, it reduces pain and causes a recession in the growth. Patients gained weight and showed a great improvement in their general health. Their elimination improved considerably and their appetite became whetted.

Remarkably beneficial results were obtained even on those cases at the "end of the road" where it proved to prolong life and the "quality" of that life.

In some cases, if the tumor didn't disappear, it could be surgically removed after ESSIAC with less risk of metastases resulting in new outbreaks.

Hemorrhage has been rapidly brought under control in many difficult cases, open lesions of lip and breast responded to treatment, and patients with Cancer of the stomach have returned to normal activity among many other remembered cases. Also, intestinal burns from radiation were healed and damage replaced, and it was found to greatly improve whatever the condition.

All these patient cases were diagnosed by reputable physicians and surgeons.

I do know that I have witnessed in my clinic and know of many other cases where ESSIAC was the therapy used, a treatment which brings about restoration through destroying the tumor tissue and improving the mental outlook which re-establishes physiological function.

To Whom It May Concern

April 6, 1990

I endorse this therapy even today for I have in fact cured my own Cancer, the original site of which was the lower bowel, through ESSIAC alone.

My last complete examination, where I was examined throughout the intestinal tract while hospitalized (August, 1989) for a hernia problem, no sign of malignancy was found.

Medical documents validate this.

I have taken ESSIAC every day since my diagnosis (1984) and my recent examination has given me a clear bill of health.

I remained a partner with Rene Caisse until her death in 1978 and was the only person who had her complete trust and to whom she confided her knowledge and "know-how" of what she named "ESSIAC."

Others have imitated, but a minor success rate should never be accepted when the true therapy is available.

Executed as a legal document.

Charles A. Bruschi

Charles A. Bruschi, M.D.

Signed, Sealed and Delivered
in the Presence of

Witness:

James F. Sullivan

Address: 2360 Massachusetts Avenue
Cambridge, MA 02140

Occupation: Banker

Date: April 11, 1990

William E. Mottarty
Notary

My Commission expires: _____

William E. Mottarty
Notary Public
My Commission Expires Oct. 5, 1990

Natural Heritage Enterprises, 4524 Curry Ford Rd., Suite 530, Orlando FL 32812
Tel: 407 859 8638 Fax: 407 826 9524

My Essiac Story

I first learned about Essiac when I read the interview with Dr. Gary Glum which was published in Wildfire magazine in 1992. Then a few months later a friend made up a large batch of Essiac. She gave me several bottles. I drank 2 oz. daily. I was a bit amazed to find myself undergoing a fairly strong detoxification. I considered myself well detoxified because I had fasted, had extensive colonics, and had taken a variety of herbal arrangements to detoxify. Therefore I was pleasantly surprised to see Essiac detoxify me even more. In addition, it gave me more energy.

Then my friend and I attended a health symposium in Orlando. We visited with an Orlando doctor who stated "I know that Essiac works, but I am afraid to promote it". My friend and I looked at each other, and smiled. We replied "maybe we can help promote it". At that moment our Essiac business was born. It was, and always will be, one of our main goals to educate the public about Essiac.

We researched every available bit of information about Essiac and Rene Caisse. We obtained our formula from Dr. Glum. This is the Essiac formula which was presented by Rene Caisse to the Royal Cancer Commission in 1937, and was later declared by the Royal Cancer Commission to "be a cure for cancer". Sheila Snow, a Canadian researcher, has done a great job of preserving the truth about Essiac. She notes in her work that the Sheep Sorrel and the Burdock Root are the two "cancer killers" in the Essiac formula. They are the basic healing agents, and are the main ingredients. The other ingredients, Slippery Elm Bark and Rhubarb Root, "assist" the Sheep Sorrel and Burdock Root by increasing bile flow and assisting the intestinal tract to eliminate the toxins released by the Essiac. Simply put, the Sheep Sorrel and the Burdock Root do the healing, and the Slippery Elm and Rhubarb Root assist them to heal. Now we have also added small amounts of Kelp, Blessed Thistle, Red Clover and Watercress which Rene is reported to have used to "enhance" the curative power of her tea.

Over the years our customers have given us great feedback as to the effectiveness of our tea. A pleasant surprise for us was to learn how well many people with Chronic Fatigue Syndrome, Lupus, Aids, Alzheimers, and Multiple Sclerosis have done. Almost miraculous recoveries from Lupus and Chronic Fatigue have been reported to us. Multiple Sclerosis sufferers have reported less spectacular, but steady improvements in their conditions.

I believe that we live in an age of depleted immune systems. Overuse of antibiotics, overloading our bodies with toxins, pesticides, and chemicals, and years of improper nutrition have caused our immune systems to be exhausted and worn out. As Rene Caisse's herbal remedy rebuilds the body's immune system, the body is able to better overcome illness and fatigue.

We use the finest organic herbs available. Yet we have kept our prices reasonable. Other companies charge up to \$80 for a quantity of dried Essiac which makes approximately 2 quarts of tea. We charge \$12 for the same product.



Michael D. Miller
Natural Heritage Enterprises

Essiac Testimonials

In the fall of 1992 my mother who lives in Ohio was told that her throat and lung cancer had reached the point that she only had ninety days left to live. My sister and I began to help her straighten out her affairs. I heard about Mountain Magic Essiac. I sent her some. She drank it for two months. On December 22, she went back to visit the doctor. He thought that she was coming in to say goodbye. When he checked her, she was in total remission. I am a nurse, and I kept her x-rays as proof of her recovery.

Ellen Broderick
Winter Springs, Florida

I started taking your Mountain Magic several months ago. The results have been Profound and Dramatic. Thank you.

John Tolleson
Columbus, Ohio

My uncle had lung cancer. They gave him six months to live. He started taking Essiac. That was four years ago. He is convinced that the Essiac saved him.

Rhonda M.
Harrison, Ohio

My friend Joe Roberts was in a very bad way with Lupus. He could hardly move about. Some thought he was close to death. I gave him two bottles of Mountain Magic herbal tea (Essiac). He improved, and started taking Essiac. Within a month he looked like a new man, and appeared completely healed.

Marsha Mylander
Orlando, Florida

I had prostate cancer. My doctor gave me six months. I took Mountain Magic, as well as several other natural cures. My prostate cancer is gone.

A liquor store manager in
Orlando, Florida

My husband has been through every treatment for his illness, and I am now trying Essiac tea. I thought I would try it first for my various aches and pains, stress, etc. I believe it has done wonders for me so I have started giving him the tea. It won't hurt and maybe his life will be better. A friend of mine has liver cancer and even though the onco. gave him six months he is now going on two years and says the only thing he takes is Essiac tea. Believe me, he is living proof of its success for him.

Betty at MPIP Bulletin Board, July 18, 1997

I met a member of the Ravelco company at a seminar. He told me about Essiac. I had a cancerous condition in my female organs which was causing me a lot of pain. I took the Essiac, my pain went away, and I am now free of cancer. God Bless Ravelco! My eyes are now opened up to the value of natural healing systems, and I spend a lot of time preaching this new religion to my friends.

Marjorie L.
Stuart, Florida

I am 71 years old. I have had a very rare illness for twenty years. The medical people don't know what causes it, and they don't have a cure. It is called Cogan's Syndrome. It has destroyed my hearing in both ears, caused a lot of vertigo, a lot of aches and pain, and has damaged my heart. Most of my life I have had several colds every year and usually a case of the flu. In January of 1996, the flu turned into pneumonia. That was when I decided to give your Mountain Magic tea a try.

I am happy to tell you that since I began using your Mountain Magic I have not had a cold or a sign of the flu. I do believe that it has helped in my recovery from the pneumonia. I plan to continue its use. I drink 2 ounces about three times a week.

Calvin Goranson
299 Lake Mamie Rd.
Deland FL 32724

My brother-in-law gave me a bottle of Mountain Magic herbal tea to try as a preventative measure. I enjoyed the taste. Soon realized a 20 year stomach problem was gone, and it gives me an all around better feeling. I am 60 years old and I work 7 days a week.

My nephew in Wisconsin learned he had cancer. He is unable to take Chemo because of other health problems. He takes your tea faithfully; one year later all is in remission. Our family also uses your organic sea salt; my wife used to have water retainage. No longer has a problem there. We enjoy your products and keep up the good work!

Robert W. Heath
9539 Stevenson Rd.
Fenwick MI 48834

I had prostate cancer. On August 10, 1994, I was given chemotherapy. I never told the doctor that I was taking Essiac and as a result the PSA rating went below 0 (zero). I took the combination for 15 months and when it held below zero I quit the chemotherapy. I am continuing taking the Essiac.

Paul Roche
East Haven, Connecticut

I have multiple sclerosis. My friend Kelly started me on Essiac. After three months I was able to put my crutches away. After a year, I walk with only a slight limp.

Barbara Johnson, Apopka, FL

I am in my fifties. It seems as if all my life I have had the flu at least once each year, and a bad cold for several times each year. It was like you could just automatically block out 1 to 2 months of each year when I would be laid up with the flu or a bad cold. I started taking Mountain Magic Essiac five years ago. Since that time I have not had the flu, and only had a cold once (I think that the cold was part of a detoxification process). I am sure that Essiac did this for me.

*M.M.
Orlando, Florida*

My brother was diagnosed one year ago with very, very severe leukemia. His doctors gave him chemotherapy for four weeks. The chemo made him look deathly ill. My sister and I were appalled. He looked like death itself. This large man, who was over 6 feet tall, lay in his hospital bed in a fetal position, shaking from the chemotherapy.

The doctors told him that he would die in the hospital if he stayed, or he could go home and die. My sister is a nurse, and she was determined to save my brother. She knew of the herbal remedy for cancer called Essiac. She asked the doctor to approve bringing Essiac into the hospital to give to our brother. The doctor felt that there was nothing else he could do, so he paved the way with the medical authorities.

My brother began taking Essiac and 10 drops of Paul 'D Arco herbal formula each day, once in the morning, and once in the evening. His blood count was at 4,800 (10,000 is normal). Within one week of the Essiac treatment he was not only alive, his blood count was at 10,800. In one more week, his blood count was up to 14,000—4,000 higher than normal.

My brother began his Essiac treatments in August, 1992. He was so healthy by the next January that he and his wife went on a four month cruise around the world. It is now August 1993, and he is very healthy, active and robust. I have to withhold my name because I do not want a lot of people calling me about his experience. I love my brother very much, we are very close, and I just thank God for simple things like Essiac, and the people all over who prayed for his recovery.

Name Withheld By Request

I have a friend from West Virginia who has had rheumatoid arthritis for over 9 years. In May I gave her some of my Essiac. She liked it and began taking it regularly. Within 2 weeks she felt great relief from her pain. Within 2 months she could raise her arms full length over her head, something she had not been able to do for 9 years. She just went to Ireland to visit her relatives, and she took some Essiac with her to give to them.

*Alice Bailey
Winter Springs, Florida*

Several years ago, I escorted my mother to the outpatient clinic of a local hospital to have a small lump removed from her parotid gland on the left side of her face. What a shock when the doctors found advanced lymphoma cancer throughout her body. I began researching volumes of books looking for some unknown answer. A program of nutritional supplementation and natural food diet was begun, in addition to chiropractic care, positive thought, and humor therapy.

It was extremely tense as the doctors began chemotherapy. In fact, mother was taken to the emergency room six times the first month. Being 80, it was probably her strong heart that kept her alive and with me to tell her story today. Dancing and teaching others to stay well through dance has kept her going strong all her life.

Letters with prayers for her improved health poured in and a friend sent an article about "Essiac" tea. Hopeful that this herbal formula could somehow help, I went searching for the ingredients, brewed the tea, and added it to her growing list of nutritional supplements.

On Christmas Eve, 1992, three months after my mother's diagnosis of lymphoma, the doctors pronounced that my mother was not just in remission but cancer-free! While we will probably never know what cured her of this dreaded disease, we feel in our hearts that Essiac and nutrition played a major role.

J. Candy Arnold
Bellevue, Washington

Our family was devastated when my mother-in-law, Myrna, informed us that she had been diagnosed with cancer. In her case, it was ovarian cancer that had spread to the lymph glands and then into the lungs. It was diagnosed as inoperative, and the doctors told her to get her affairs in order. After a hysterectomy, they said, she would have about six months to live. The tumors in her lungs were too numerous to remove. My sister-in-law asked if there was some nutritional approach that might slow the progress of the disease. The doctor assured her there was none. But I nevertheless began to search for alternative remedies. By chance, my father heard a radio program where Essiac was explained.

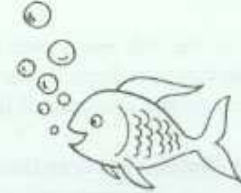
The remedy was so simple and straightforward that I knew my mother-in-law could take it. She took a little each night. We held our breaths. The doctor and our nurse cousin told us not to get our hopes up. Yet, the weekly x-rays began indicating something they did not expect. Little by little the tumors in her lungs stabilized...and they began to diminish. The nursing staff at the doctor's office reacted in awe as week after week the tumors began disappearing, and her blood count returned to normal.

A little more than a year after beginning Essiac, the doctor called to tell Myrna that she was an official miracle. Her charts showed no indication of cancer in any system. To date, five years later, there has been no recurrence of cancer.

J.R. Kirkland
Washington



Salt And Your Health



Mankind originally emerged from the sea. So we, so to speak, still carry sea water in our veins; the chemical and mineral composition of our blood and saline fluids have an amazing similarity to sea water. And when we are an embryo in our mother's womb, we are encased in a sack filled with a saline fluid which is in some ways identical to sea water.

Sea water contains 84 mineral elements. These same 84 mineral elements are found in our bodies. Modern science has determined that 24 of these elements are essential for life (i.e., you will die if any are missing), although many believe that a proper balance of all 84 elements in our bodies is necessary for good health. Whenever a dietary deficiency of any of these elements occurs, the cells in our bodies lose ions. A loss of ions in our cells causes imbalances, a breakdown of the cell regeneration and growth process, and loss of the cells themselves, which does lead to nervous disorders, brain damage, muscle damage or illness. Therefore, it is vital to your health to have the proper mineral balance in the saline and ion composition of your blood, and these compositions must be maintained within very precise limits. Illnesses and conditions which have been traced to a deficiency of the minerals which are found in sea salt are: cancer, low energy, loss of memory, unnecessary aging, obesity, immune system disease, water retention & edema, ulcers, hyperactivity, fragile teeth & bones, Addison's disease, rheumatism, low sexual vitality, impaired thinking, impaired adrenals, neuralgia, impaired sexual organs, deformed breasts, and liver illness.

The Modern Salt Making Process: The salt which we consume today is made by several large industrial companies. They sell the same salt for both industrial use and human consumption. 93% of their production goes for industrial purposes, 7% for food use. They start with salt which they have mined from large underground salt deposits which were left behind when inland seas evaporated millenniums ago. They also process salt which has been extracted from sea water. They then refine this salt. This is where things go wrong, at least in terms of your health. The salt is refined to remove impurities, to make it attractive and uniform in appearance, and to extract most of the mineral elements. When they have finished refining your salt, it looks great, and flows easily out of your salt shaker, but 82 of the 84 mineral elements have been extracted.

Why do these large industrial companies do this? The largest customer (industrial processors) which buys 93% of their product only requires a salt which has sodium and chlorine. The other 82 chemicals are not needed by them. And also, several of the minerals which are extracted have great commercial value. Therefore these chemicals are removed from the salt to be sold as an additional by-product. Examples are Boron which is sold to make anti-knock gasoline additives and chemical fertilizers, and Magnesium which is sold to makers of light metal alloys and explosives. The chemicals and minerals removed from salt are also used to make plastics. As a result of this unfortunate situation, the salt you buy at the store is only sodium chloride; all of the other beneficial elements have been removed.

They have added chemical additives which bleach the salt whiter, prevent water absorption while the salt is in the box, make the salt flow freely in your salt shaker, and add iodine and iodine stabilizers. This is another interesting story.

Why? Because the chemical additives which prevent the refined salt from absorbing water while it is in the box also prevent the refined salt from being properly absorbed in your body. This is why we are constantly being told that it is harmful to our health to consume too much salt. Natural salt, which has not been refined, can be consumed in any amount. As a matter of fact, it is impossible to consume too much natural unrefined salt! Why? Because the body, with its natural affinity for unrefined salt, will simply pass the excess unrefined salt out of our bodies.

These chemical additives in the salt, making the refined salt unabsorbable, also make it difficult for our bodies to process. As a result, deposits of refined salt build up in our bodies. Some of it may be deposited in the joints of your bones. If so, expect arthritic problems to eventually develop. Some may be deposited along the walls of your veins, arteries, lymph system ducts, or in your brain, urinary tract, sexual organs, or glandular system. This eventually leads to brittleness of these areas, loss of function, and impairment of bodily vitality.

As a matter of fact, fish from the ocean will die quickly if placed in a solution of refined salt and water. The sodium chloride, in its form as it comes from the refinery, is actually poisonous to them. Bottom line, is that yes it can be harmful to consume too much refined salt, but you cannot consume too much natural unrefined salt.

Are You Salt Starved? Many of us definitely use too much salt in our diet. We crave it. This is because our bodies crave the 82 missing elements which are absent from our table salt, and our bodies send the message to us to consume salt. But the salt we consume doesn't have these 82 elements, so our bodies send the message out again "eat more salt!" Thus a destructive cycle

is set up which leads us to eat too much sodium chloride, which due to its processing cannot be properly processed by our bodies. Then harmful salt deposits form in our bodies And great stress is placed on the overall function of our body as it is forced to operate without proper amounts of the 82 missing elements.

Many of these 82 missing elements are only trace elements, and are therefore required by our bodies in only very small amounts. But a deficiency of these trace elements causes great harm to our bodies.

Minerals and Your Health: Under God's original plan, your body received the minerals it needed from two sources: plants and salt. The plants received their minerals from the soil. We then ate the plants, as grains, vegetables and fruits. But what has happened? In the last 50 years or so, mankind has stepped in and interfered with God's natural system by introducing artificial fertilizers. Man learned that by applying artificial fertilizers which contain **only** nitrogen, phosphorous, and potassium, he could cultivate larger areas of land, increase his yield per acre, and greatly improve his productivity. The problem here was that the eighty or so other minerals which the plants took from the soil were not replaced by the artificial fertilizer. So our soils have gradually become mineral depleted, which means that the plants grown in these soils are also minerally deficient. Studies have shown that the vegetables of today contain only 25% of the nutrition of vegetables grown 50 years ago.

If we can no longer get the minerals we need for optimum health from the plants we eat, and we no longer get the minerals we need from the refined salt we have been eating, what is to be done?

Many people have gone to mineral supplements to erase the mineral deficiencies in their diet. This is good!. However, most of the mineral supplements on the market do not offer the complete range of minerals you need. Read the label of your mineral supplement. Do you read on the label that the mineral supplement contains 84 minerals? Probably not. So it is not complete. Some mineral supplements have only 10 or 12 minerals in them. Also, many supplements provide minerals in forms that are not readily metabolized in your body. In addition, some minerals, especially certain trace minerals, can be harmful if taken artificially (inorganic) in large doses.

This is why natural unrefined sea salt is so great! It comes in "precise dosages" that are perfectly matched to the mineral composition of your body. The minerals are in an organic form that is completely processable by your body, and you cannot take an excess dosage since all salt in excess of your needs is naturally expelled from your body.

Salt, Sex, Adrenals and Kidneys: When refined salt is use in your diet, the resulting lack of magnesium causes the secretions of the adrenals and pituitary to be curtailed. This results in a lessened output of vasopressin (or ADH) and the hormone cortisol which are vital for the proper function of your sexual functions. In men, the adrenals also secrete the special masculine motivators (androsterone and testosterone) which regulate the size of the genitalia, sexual interest and response, and overall male virility. The extra stress placed on the adrenals by the lack of trace and macro-minerals also impairs all of these functions. In women, the lack of trace minerals causes the adrenocorticotrophic hormone (ACTH) to affect her glands, including the pituitary and the adrenal cortex. The resulting effect is a loss of femininity, an increase in masculine aggressiveness, and the loss of woman's natural intuitive nature. In short, refined salt causes men to be less manly, and women to be less feminine.

The kidneys are greatly affected by the long term consumption of refined salt. Natural salt assists bodily liquids to freely pass through all body membranes, including the kidney's blood vessels and glomerulus. Refined salt, however, restricts the flow of fluids, causing edema and chronic kidney problems. Also, eventually insoluble crystals of hemoglobin form in the kidneys, resulting in kidney failure. Oriental medicine places great emphasis on the fact that kidney functions greatly affect both sexual virility and aging. If so, I want to protect my kidneys!

Have We Convinced You Yet?: OK, you say, I'll use natural unrefined salt from now on. The next problem is how to get the proper salt. Forget your grocery store. Only refined salt there. Your health food store is next. Caution here, for much of the salt sold as sea salt in health food stores and elsewhere is also refined, and therefore not desirable. Read the label carefully, searching for salt that is unrefined and unprocessed. It is worth the effort! Foods cooked with natural salt taste better; you will be supplying your body with necessary minerals and trace elements, and your salt craving will be satisfied.

Ravelco, Inc. has located a source of natural unprocessed sea salt which we now offer to our customers. We have labelled it **Ocean Magic**, a name we feel is quite appropriate. The cost is \$5.00 per pound. As a special promotion, we are offering a bonus: purchase two pounds, and get an extra pound free (purchase two & get three!).

Ravelco, Inc., 4524 Curry Ford Rd., Suite 530, Orlando FL 32812

\$5.00

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