

# Essiac Tea Cancer Therapy and the Immune System

*Investigating  
a controversial  
alternative  
cancer therapy*



**Ty Bollinger**

# Essiac Tea Cancer Therapy

*Investigating a controversial alternative cancer therapy*

By Ty Bollinger

Copyright © 2015 | TTAC Publishing, LLC | All Rights Reserved.

[www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com)

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Publisher: TTAC Publishing, LLC

**Disclaimer:** The content of this book is based on research conducted by TTAC Publishing, LLC, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent, treat, mitigate or cure such conditions. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified healthcare professional. Therefore, this information is not intended as medical advice, but rather a sharing of knowledge and information based on research and experience. TTAC Publishing encourages you to make your own health care decisions based on your judgment and research in partnership with a qualified healthcare professional.

## Contents

INTRODUCTION .....	4
The History of Essiac Tea .....	6
Essiac Tea Compounds.....	9
How to Make and Use Essiac Tea.....	12
Science or Leap of Faith?.....	15
Cancer-Free Lifestyle.....	19
The Quest for the Cure .....	21
REFERENCES.....	24



## INTRODUCTION

Alternative remedies kept people alive for thousands of years before X-rays, chemotherapy, or the surgical procedures common today.

In this report, we will discuss the history, the ingredients, and the possible benefits of Essiac tea. Our position is that we are committed to bringing you the facts. We encourage you do your own research as well. Take in the information and discuss it further with your health care practitioner until you feel comfortable and confident in your own findings.

- ☛ Essiac tea should not be considered a “cure” for cancer. The only thing that can “cure” cancer is your own body.
- ☛ If you make the choice to try Essiac tea, do so in conjunction with your doctor’s medical advice.
- ☛ Pregnant or nursing women *should not* take Essiac tea since no trials have been performed to confirm its safety to mother and child.
- ☛ If you have been diagnosed with a kidney disorder, it is not recommended that you use Essiac tea due to the acidic compound found in sheep sorrel.

***Other than these precautions,  
Essiac tea is well tolerated by most people.***

Should you experience one of the most common side effects (stomach upset or diarrhea), stop consuming the tea for a few days. When you begin taking it again, try a lower concentration, and build up gradually over time to the recommended strength.

With those caveats out of the way, let's get started!

## PART 1

# The History of Essiac Tea



Rene Caisse (1888-1978) was a nurse in Ontario, Canada in the 1920s. A patient came under her care with a scar beneath her breast. The woman told Miss Caisse that she'd been diagnosed with cancer three decades before and that a medicine man had given her herbs to help fight the disease since she was unable to afford surgery.

The nurse wrote down the herbs suggested by the medicine man and – by her own admission during a recorded interview conducted in the 1970s – probably never would have thought about them again.

When her aunt was diagnosed with cancer that was beyond medical treatment, she remembered the woman's story of the herbs. The aunt's doctor agreed to monitor his patient while Miss Caisse administered treatment of the medicine man's herbal tea. There were no other medically viable treatments that would work and the doctor felt there was nothing to be lost in the attempt. The aunt lived more than twenty years.

Throughout her lifetime, Rene Caisse attempted many times to have the herbal mixture – which she named Essiac tea (the reverse spelling of her last name) – validated by the Canadian government and scientific community. Her hope was to assist in the research, make the tea available to the public, with her native country receiving credit for the discovery.

For more than fifty years, she worked with countless doctors, their patients,

and organizations across Canada. She administered her treatment free of charge, a fact that kept her from being imprisoned many times for dispensing “treatment” that was not medically approved and “practicing medicine without a license.”

To this day, hundreds of testimonials and even videos are available from patients who credit Essiac tea for assisting in their recovery but there is not one Federal Food and Drug Administration (FDA) approved clinical trial attesting to its benefits.

Given the overwhelming data about Rene Caisse’s life and her efforts to have her tea formally recognized as a natural treatment for those with cancer, it is disheartening to think the medical and pharmaceutical industries could have had a part in crushing its distribution to the public.

**Excerpt from the Modern Version of the Hippocratic Oath**

Louis Lasagna (1964), Academic Dean of the School of Medicine, Tufts University<sup>1</sup>

- I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon’s knife or the chemist’s drug.
- I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person’s family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.
- I will prevent disease whenever I can, for prevention is preferable to cure.

While we cannot say that Essiac tea “cures” cancer, the ingredients individually may actually provide the fuel that the body needs in order to stay healthy. In addition, they are not dangerous to humans. When it

comes to a disease that claims well over a million lives every year...isn't every "possible treatment" something that should be fully researched?

If you or someone you love has been diagnosed with a terminal form of cancer – given a "prognosis of death" by the medical industry – would you seek alternative, complimentary, or supplemental remedies such as Essiac tea?

Many of Rene Caisse's patients did just that – with astounding results.

## PART 2

# Essiac Tea Compounds

How does Essiac tea work?

R. Webster Kehr (aka “the Cancer Tutor”) points out the following information about the four ingredients used to make Essiac tea:



***“Essiac is a product that is composed of four or more herbs, two of which (Sheep Sorrel and Burdock Root) are known to kill cancer cells. The other two herbs build the immune system and deal with detox and protecting the organs.”***

Do these herbs work together to eliminate cancer? What compounds make the difference between the tea being classified as a “sham” or as “effective” in the fight against cancer?

### **Four Main Ingredients Used in Essiac Tea**

**Sheep Sorrel** – known scientifically as *Rumex acetosella* – has been used for hundreds of years in alternative medicine and is considered a powerful antioxidant. Taken in small doses, it is harmless to most humans. The most serious side effect associated with sheep sorrel is a risk of diarrhea and subsequent dehydration with can result in potassium loss. Women who are pregnant or nursing should not take sheep sorrel, nor should those with diagnosed kidney conditions due to the natural oxalate (acidic) content.<sup>2</sup>

- **Slippery Elm Bark** – known scientifically as *Ulmus fulva* – comes

from the inner bark of the tree with strong antioxidant properties. It has been part of Native American herbal medicine for centuries. Despite its long history for pain and stomach disorders, there have been few studies done on slippery elm. When added to water, it takes on a gel consistency that coats the digestive tract. Women who are or could be pregnant should not take slippery elm due to severe adverse reactions with the fetus. Due to the increase in mucus production caused by slippery elm, you should tell your doctor if you plan on taking it as it can slow absorption of other medications.<sup>3</sup>

- **Burdock Root** – known scientifically as *Arctium lappa* – is an ancient herb used to detoxify the blood. Of the ingredients in Essiac tea, burdock contains the most antioxidants. Some of those include quercetin, luteolin, tannins, fatty oils, and phenolic acid. Well tolerated by most who take it, burdock should not be taken by pregnant or nursing women. Those with ragweed, mum, or daisy allergies should also use caution as burdock is part of the daisy family. Again, despite its long history throughout Asia, Europe, and the Americas, surprisingly few studies have been done on this herb.<sup>4</sup>
- **Turkish (Indian) Rhubarb Root** – known scientifically as various *Rheum pamtum* – is part of the buckwheat family. Its first recorded use appeared in Traditional Chinese Medicine texts dating back more than two thousand years. Abundant in tannins, catechins, and phytochemicals with naturally occurring plant estrogen qualities, this herb is naturally astringent, anti-microbial, antifungal, anti-inflammatory, and (in the few trials conducted) effective in removing toxicity from patients in the midst of radiation therapy. Though low doses found in food appear to be safe for women who are pregnant or nursing, not enough studies have been done. The herb is generally tolerated well if taken within acceptable doses though

mild gastrointestinal discomfort has been reported as a side effect in the few trials done.<sup>5</sup>

The general consensus on all four of the main herbal ingredients of Essiac tea – from the view of the medical and pharmaceutical industry – is that scientists know almost nothing about them because they haven't been properly researched in a legitimate lab environment.

This fact alone is unusual considering their long-standing applications in holistic and ancient medicine for a laundry list of illness and disease.

In general, the possible side effects listed are minimal and primarily involve taking them in excess, which can lead to diarrhea, dehydration, kidney and liver conditions, and a loss of vitamin absorption.

Once again, pregnant or nursing women **should not** take Essiac tea (or any of the compounds used in the tea) since there are too few studies done at this time to determine safety of mother and child.

Mr. Kehr stresses that the *quality* of ingredients and how Essiac is processed (if you don't opt to make it yourself) is incredibly important.

If you choose to make Essiac tea yourself, that is the best option. *Next up*: how to make Essiac tea and dosage recommendations.

## PART 3

# How to Make and Use Essiac Tea

Essiac tea is available through many online retailers.

However, since Essiac is sold as a “supplement,” it is not monitored by the Federal Food and Drug Administration (FDA). That means that the quality of the ingredients from retailer to retailer is unknown, the amounts of each



herb are inconsistent between sources, the recommended doses are unclear (often far too much), and the prices can get very steep.

Your best bet is to **buy the ingredients and prepare it yourself** just as Rene Caisse did for every person she treated over fifty years. You can buy the

herbs individually or pre-mixed. The website **Essiac Facts** provided the most in-depth instruction on the preparation of Essiac tea.<sup>6</sup>

### **Ingredients of Essiac Tea**

- 1 ½ pounds cut burdock root
- 1 pound powdered sheep sorrel
- ¼ pound powdered slippery elm
- 1 ounce powdered Turkish (Indian) rhubarb root

## **Directions to Make Essiac Tea**

- Mix all four herbs thoroughly
- Store dry herbs in a tightly sealed glass container away from direct light
- For each **quart of tea**, you will need **1 ounce of herbal blend**
- For each **gallon of tea**, you will need **4 ounces of herbal blend**
  
- Bring desired amount of water to a rolling boil in a covered steel or cast iron pot
- Add herbs and allow to rolling boil for **15 minutes**
- Cover with a snug lid and allow to steep overnight (at least 12 hours)
- The next day, reheat the water but **do not boil**
- Allow to settle then strain out herbs – you will still have sediment in the bottom
- Pour into tightly sealed glass or ceramic container and allow to cool
- Refrigerate and use as recommended – can be sweetened with honey or natural sugar

## **Recommended Servings – Immunity Tonic for General Health**

Begin with drinking  $\frac{1}{2}$  **ounce of tea in two ounces of water once daily** for mild conditions or to help prevent illness. The herbs contained in Essiac tea are thought to provide a significant boost to the immune system, smoother digestion, and detoxification of the blood. Rene Caisse suggested it be taken at bedtime on an empty stomach.<sup>7</sup>

## **Recommended Servings – Strong Tea to Fight Disease**

You may gradually increase consumption of Essiac tea to **1 ounce of tea in 2 ounces of water once daily** if you have been diagnosed with

a serious disease such as cancer. Essiac tea can be consumed cold or hot – added to more water for a milder taste.

**Nurse Caisse always cautioned against taking too much in hopes of better or faster results.** She also suggested an increase in water consumption as well to avoid the mild side effects of stomach upset and diarrhea, which could lead to dehydration.

**A few important tips to remember:**

- Sterilize all utensils, pots, and storage containers with boiling water before use
- Never use aluminum or plastic to make or store Essiac tea due to chemical leaching
- Essiac tea should never be left unrefrigerated nor should it be frozen
- Essiac tea should not be microwaved for any reason – it irradiates the good stuff
- If there is *\*any\** evidence of mold – discard the tea and make fresh

## PART 4

### Science or Leap of Faith?



On website after website during **The Truth About Cancer's** research into Rene Caisse's tea, major cancer organizations state that there is no proof that Essiac tea works to fight cancer or any other condition. Several go on to list trials done decades ago (by legitimate labs) that were "too small" or "poorly conducted."

The confusion occurs when they then point out that there has been *no real research* (of note) done in regards to Essiac tea.

An example of one such contradictory article: "Some components of Essiac have been tested individually in laboratory and animal studies. Some of these studies identified substances with anti-tumor or anti-inflammatory properties. However, these results do not mean that either of these formulas helps humans."<sup>8</sup>

Similar to the individual herbs that make up Essiac tea, proven in small trials to be effective against cancer, it seems that what results *are shown* are not stimulating interest in learning more.

#### ***Where is the scientific curiosity?***

If someone in our modern world promised a "miracle cure for cancer," sold for a hundred dollars a bottle, that he or she created in their garage, someone would take notice. Even if it was only to debunk the claim with stone cold laboratory evidence to the contrary.

Almost all information about Essiac tea found on the web is from medical institutions implying, “There isn’t any research, must not be good, move along now.”

Then there is the opposite end of the spectrum where suppliers of Essiac tea use testimonials to sell their goods. It can be disheartening.

We went back to the source. The original emergence of Essiac tea and the woman who tried to bring it to the notice of the world were motivated by neither fame nor fortune.

Rene Caisse never called her tea a “cure” and she **gave it away for free**. She didn’t die rich or living a luxurious lifestyle. A year before her death, she signed over the formula to a manufacturer. She was ninety years old and had spent more than fifty years trying to get someone to publish the results of her quietly administered tea.

Investigated, arrested, and threatened, she never gave up. She petitioned for hearings, brought men and women with her who had seen or experienced fascinating results, and presented patient X-rays, medical records, and statements from physicians who had diagnosed them with cancer.

Each time, she was shut down. Essiac tea was rejected time and time again without a true investigation. How could so many well-respected doctors who stood behind Rene Caisse’s results (which they witnessed first-hand) be ignored?

Two physicians were famously interested in the benefits of Essiac tea. The man who discovered insulin, Dr. Frederick Banning, and John F. Kennedy’s personal physician, Dr. Charles Brusch. In fact, Dr. Brusch was diagnosed with cancer and used Essiac tea to treat himself.<sup>9</sup>

How could hundreds (if not thousands) of patients who had no hope be brushed aside by those in authority in the medical industry and government?

***The question begging to be asked is...WHY?***

Even if Essiac tea happens to be the **most brilliant placebo** ever stumbled upon, WHY is no one getting the “research” the big cancer organizations say is missing?

The herbal ingredients individually have long and respected histories, there are hundreds of testimonials discussing the merit of Essiac tea (long before companies started selling it), and Rene Caisse spent her entire life in a personal crusade to have her tea used in the fight against cancer.

Still, the research simply hasn't been conducted.

The Canadian company given permission to study Essiac in the late 1970s didn't create each batch consistently, nor did they follow the standard rules for clinical trials. The only thing they managed to prove was that the tea was not toxic to humans.

When the government of Canada appraised Essiac, they reviewed attending physician statements but did not examine the patient records of those who credited Rene Caisse's tea with beating their cancer. None of the patients themselves were ever interviewed. The panel assigned to assess the effectiveness of Essiac concluded that the improvement in patient health could not be determined.

Their explanation for the fact that the patients were still living when told they were terminal was that their initial diagnosis was possibly wrong or that other treatments may have aided in their recovery. Since the patient

files were not reviewed, their conclusions made little sense.<sup>10</sup>

Do your own research and you will likely come to the same conclusions... there was strangely little interest in Essiac tea when Rene Caisse was alive and supported by countless doctors and patients. There has been even less since her death.

There have been **thousands** of studies done on coconut oil, omega-3s, and turmeric in the last few decades alone.

Essiac tea has less than a dozen since 1922 despite the professional backing of the doctor who discovered insulin, hundreds of patients who followed her to one court hearing ready to testify on her behalf, and the year after year of treating patients free of charge.

Again, even if Essiac tea is the best placebo effect ever known...why isn't anyone curious?

## PART 5

# Essiac Tea as Part of a Cancer-Free Lifestyle



Burdock Root Flowers

**The Truth About Cancer** (unlike the established scientific community) is intrigued by Essiac tea and its benefits. Taken separately, the ingredients are beneficial in many ways. Added together, steeped into a tonic, and consumed daily, it makes sense that your body would profit from the compounds.

Even if the results of thousands of patients are a type of psychological “placebo effect” – there is no

denying that many people – patients and doctors alike – *believe* in Essiac tea.

Considered non-toxic and safe for human consumption (the sole result of the very few studies done), the overall opinion here at TTAC is that Essiac tea is a valid supplemental treatment to add to your anti-cancer lifestyle.

We’d love to hear your experiences with Essiac tea.

## **When it Comes to Fighting Cancer – Keep It Simple**

You don't have to spend your days at the gym, your life savings on "miracles," or sacrifice your peace of mind. It's all rather simple.

### **What You Need...**

- Healthy, organic food
- Regular exercise
- Plenty of sleep
- Lots of water (chemical free)
- Less stress
- Limit alcohol
- Quit smoking
- Avoid GMOs and artificial sweeteners

To those people who say, "I could do all the right things and still get cancer."

Yes. You could. However, science proves that you lower your risk of deadly disease by more than 65% if you use common sense when it comes to your health.

**There is no "secret" to fighting disease.  
Every day, someone's loved one dies. Every single day.**

***Experts estimate that more than half the  
cancers in the world are preventable.***

YOU are someone's loved one. Do what you can to prevent cancer. Start today.

## PART 6

# The Quest for the Cure

In 2014, an estimated 1.6 million people will be diagnosed with cancer in the United States alone. Experts believe that of those diagnosed, more than *half a million* of those patients will die from the disease.<sup>11</sup>

***Cancer is the second highest cause of death in the United States and the United Kingdom.***

The financial burden to patients, their families, and society at large is astronomical but that is *nothing* in comparison to the mental, emotional, and physical toll this deadly disease leaves on so many lives. There are no positive takeaways when cancer is involved.

### Some “Eye-Opening” Facts about Cancer



***Did you know*** that every 1 in 2 men and every 1 in 3 women will be diagnosed with cancer at some point within their lifetimes?

***Did you know*** that every 2.5 seconds someone is diagnosed with cancer and every 4 seconds, a life is taken by the disease?

***Did you know*** that within five years, cancer will surpass heart disease as the leading cause of death in the United States and it is *already* the leading cause of death in Canada and Australia?

**There is Good News.**

Cancer is *preventable* and it is *curable*.

Every single day, tens of thousands of people just like you are **stopping cancer** (and/or preventing it) from destroying their bodies and taking their lives.

It's time to take matters into our own hands, to be proactive in the fight against cancer. To educate ourselves about real prevention and treatments that work whether they are in the top of the media or not.

**It could save your life or the life of someone you love.**

Thank you for being a part of the **Heroes Against Cancer Community**. Each month you'll receive breaking news, reports like this one, and videos that will show you how to continue your own "Quest for the Cures."



## ABOUT THE AUTHOR

---

Ty Bollinger is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive bodybuilder and also a certified public accountant.

After losing several family members to cancer (including his mother and father), Ty refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry. Ty has now made it his life mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty speaks frequently to health groups, at seminars, expos, conferences, churches, and is a regular guest on multiple radio shows and writes for numerous magazines and websites. Speaking from personal experience and extensive research, Ty has touched the hearts and changed the lives of thousands of people around the world.

## REFERENCES

### (Endnotes)

- 1 Public Broadcasting System; [The Hippocratic Oath Today](#)
- 2 Memorial Sloan Kettering Cancer Center; [Integrative Medicine: Sheep Sorrel](#)
- 3 WebMD; [Vitamins and Supplements: Slippery Elm](#)
- 4 University of Maryland Medical Center; [Complementary and Alternative Medicine Guide: Burdock](#)
- 5 Drugs.com; [Natural Products: Rhubarb](#)
- 6 Essiac Facts; [How to Make Essiac Tea](#)
- 7 Essiac Facts; [What is the Correct Essiac Tea Dosage?](#)
- 8 American Cancer Society; [Herbs, Vitamins, and Minerals: Essiac Tea](#)
- 9 LiveStrong; [The Benefits of Essiac Tea](#)
- 10 National Cancer Institute; [Questions and Answers about Essiac](#)
- 11 American Cancer Society; [Cancer Facts & Figures 2014](#)