



## Sources for additional information about essiac

Beating Cancer With Nutrition, Patrick Quillin, Ph.D., R.D., C.N.S. (Nutrition Times Press, Tulsa, OK., 1998)

Essiac, A Native Herbal Cancer Remedy, by Cynthia Olsen (Kali Press, Pagosa Springs, CO, 1996)

Options, The Alternative Cancer Therapy Book, by Richard Walters (Avery Publishing Group Inc., Garden City Park, New York, 1993)

The Essence of Essiac, by Sheila Snow (published by the author, Sheila Snow, Box 396, Port Carling, Ontario, P0B 1J0, Canada, 1993-1994)

Herbs Against Cancer, History and Controversy, by Ralph W. Moss, Ph.D. (Equinox Press, Inc., Brooklyn, New York, 1998)

To learn more about each of the four essiac herbs and their specific medicinal constituents and properties, I suggest you consult herb references.

## Life Style Immune Support

- Find out what your allergens or food sensitivities are and avoid them.
- Eat a nourishing diet of organic foods, low in fat, low-protein, high fiber, and with complex carbohydrates, fresh and ripe fruits.
- Eliminate chemical sensitivities in your environment.
- Nourish organ systems that are depleted or not functioning properly.
- Get adequate sunshine, exercise and rest.
- Drink 6-8 glasses of clean water (not tap!) each day.
- Learn meditation techniques.
- Treat yourself to a massage.
- Include JOY in your life!
- 

## Contraindications and cautions for immune support formulas

Herbal formulas should not be a substitute for qualified healthcare. Bacterial infections like Strep throat can cause complications like rheumatic heart disease and nephritis. Some viral infections are serious and can be deadly. Elders, infants and immune – compromised individuals should always consult a health practitioner.

### *Herbal Cold and Flu Soak*

1 cup Epsom salts

1 cup baking soda

½ cup powdered kelp

½ cup sea salt



---

5-10 drops essential oil eucalyptus  
1 tsp. witch hazel

*Directions:* Mix powdered kelp with sea salt. (If only dried kelp is available, use a blender to grind kelp with sea salt to yield ½ cup fine powder.) Pour powdered kelp mixture and Epsom salts into tub as it fills with comfortably hot water.

While the water is running, dilute the eucalyptus essential oil with the witch hazel. Add the essential oil mixture to the bath just before entering the tub. Get in and soak for 20-30 minutes. Add enough hot water to maintain constant temperature. Following bath, rinse off with lukewarm water.

Eucalyptus is wonderful for any type of respiratory illness according to Vukovic. The detoxifying action of the Epsom salts and seaweed (kelp) makes this a cleansing and detoxifying bath.

*Black Elderberry Extract:* According herbal lore, the juice of the black elderberry has been used for over 2,500 years as an effective remedy for flu, coughs, and colds. This research was done in the mid 1980's at Hadassah-Hebrew University Medical Center.

The key to halting the progress of flu is to prevent the formation of tiny spikes (called hemagglutinin) that cover the surface of the virus. Unchecked, these spikes (laced with a special enzyme called neuraminidase) penetrate the cell wall of the healthy organism, allowing the virus to produce what we know as FLU. Two active ingredients in black elderberry tend to disarm neuraminidase within 24-48 hours, according to Dr. Mumcuoglu.

In one study patients took 4 tablespoons black elderberry extract per day. Within 24 hours fever cough and muscle pain were significantly reduced. Subsequent studies have proven that black elderberry is effective against 8 different influenza strains. Blood tests show that those taking black elderberries have higher levels of influenza antibodies. [Source: "Sambucus nigra (L) Black Elderberry Extract: A breakthrough in the Treatment of Influenza," Madeline Mumcuoglu, Ph.D.]

*How to Make an Alcohol-Free Elderberry Extract* (from Mark Konlee)

To make an alcohol free extract, you need to first use alcohol to liquefy the active properties in the elderberries and then use low temperature evaporation to remove the alcohol. Elderberries are available by order from me.

1. Place one pound of dried elderberries in a porcelain, glass, or stainless steel bowl (do not use aluminum) and add one liter of 80 proof vodka and 2 liters of water. Stir this mixture daily.



2. After 2 days or longer, place the mixture (before straining), berries, and solution into a crockpot, slow cooker or “Nesco”. Note: Adding 2 ounces of elderflowers to the batch improves taste (sweetens) and aroma and it reported to benefit the eyes and kidneys. The berries also help by promoting sweating.

If using the Rival brand crock-pot, set at “low.” Leave cover off and insert a candy thermometer in the solution. Check temperatures every half-hour until the temperature reaches 125°F (about 1 hour in the crackpot). Then set a clock for 3 hours hence when all the alcohol has evaporated.

3. With the RIVAL brand crock pot set on low, it took exactly 4 hours total to evaporate all the alcohol from the solution.

4. If using a slow cooker or “Nesco,” you might initially set the temperature at 160°F until the solutions reaches 125°F then reduce the temperature setting to 130°F or to a setting that keeps the solution between 125°F and 130°F. After 3 hours in this narrow temperature rage, the alcohol is evaporated.

5. Turn off heat and place cover on and let stand for 2 hours. Use a cup or small bowl to scoop out berries and solution and strain through a fine stainless steel strainer. You may also do a second straining through cotton terry cloth placed over a large funnel to remove the sand and pulp. Your finished product will be smooth and have the color of deep purple ink. Pour into glass jars and refrigerate until used up, as there are no preservatives in the product. You should end up with about 2 quarts or liters. The finished product needs to be used within about 3 weeks.

Adult dose: 1/3 cup daily with the last dose just before bedtime. Tastes good when mixed with concord grape juice, orange juice, or diluted with plain pure water. Note: If severe diarrhea results, stop using or reduce dosage to 1 or 2 tablespoons twice daily and gradually increase until at the maximum dosage.

Boneset Tea: In Germany boneset tea is a major remedy for colds and flu. The herb stimulates the immune system by encouraging the white blood cells to destroy viruses and bacteria. Add one or two teaspoon dry leaves boneset to one cup boiling water; steep for ten to twenty minutes; drink 2-3 cups per day until symptoms disappear.

## **HERBS FOR BACTERIAL INFECTIONS**

*The following formulas, herbs for bacterial infections, herbs for viral infections, and herbs for yeast and fungus infections are made by the Health Balances Company.*

*Introduction:* The basic herbs are echinacea, usnea, bee propolis, baptisia and poke



root. These herbs are useful in treating conditions of staph, strep, and other bacterial infections. Goldenseal and myrrh are also useful for bacterial infections and can be used in addition to the other herbs. All of these herbs are also useful for viral infections, especially when used in conjunction with anti-viral herbs such as lomatium, pau d' arco and osha.

**ECHINACEA ANGUSTIFOLA ROOT:** This popular herb increases the activity of white blood cells and that it contains powerful antibacterial and antiviral activity according to many studies according to many famous herbalists (Brinker, Hobbs, White, Watkins, Santillo, Tierra, Christopher, and others). This herb contains import oils that evaporate during normal drying so that it must be used either fresh or freeze-dried for best results (Hobbs, Brinker, and others).

**GOLDENSEAL:** This very popular herb is useful for bacterial and viral infections as well as mucous membrane inflammations (Hobbs, Santillo, Ody, Tierra, Christopher, White, and others). It has specifically recommended for bacterial infections (White, Brinker). This herb also contains anti-candida activity (Brinker). Cautions: This herb should NOT be used during pregnancy (Santillo, White, Ody, Tierra, Hobbs), or by those with high blood pressure, (Tierra, Ody), or by those with hypoglycemia.

**MYRRH:** This herb is a very powerful antiseptic (Santillo, Christopher, Watkins, Ody, and others). It also speed up poor circulation (Ody, Watkins, Christopher). CAUTIONS: Myrrh is a powerful herb and should not be used for more than two weeks at a time (Santillo, Tierra), and NOT during pregnancy (Ody, Tierra, Brinker).

**USNEA:** This is a variety of lichen called "old man's beard" that hangs from tree branches in the Cascade mountains of Washington State. It is a useful anti-bacterial for staph, strep, and other bacteria (Hobbs, White, Tierra). It also contains anti-viral properties (Hobbs, Tierra). Tierra and other also find it useful for yeast and fungal infections.

**PROPOLIS:** In various countries, research has shown bee propolis to be effective for bacterial infections, viral infections, fungus infections, allergies, pain, and many other conditions (Wade). Hobbs suggests use at the first sign of a cold or sore throat.

**BAPTISIA:** This herb is also called "wild indigo." Hobbs combines this herb with echinacea for "flu" and says that baptisia has anti-viral activity. It also contains antibiotic activity (Tierra, Cullen, Ody). Ody uses it for tonsillitis and says that it cleanses the lymphatic system. Sally Cullen uses baptisia for strep infections. It is an immune stimulant (Prevention, January 1990), and is recommended for upper respiratory infections (Leviton). NOTE: Baptisia is a potent herb and should be used in small amounts (Lust, Cullen, Ody, Brinker).



---

**POKE ROOT:** This herb is a great favorite among herbalists. It is often used as a spleen, lymphatic, and tonsil cleanser (Santillo, Tenney, Christopher, Tierra, Ody, and others). It is a very potent herb and can cause adverse effects in eating large amounts (OVER 1 pound!) so the FDA does not approve of this herb. **HOWEVER**, this is a caution when eating the fresh herb and we do **NOT** recommend eating the fresh herb. In our tinctures we use dried herb and do not recommend the use of the fresh root. Herbalists usually recommend the use of the tincture, made only with dried root of 2-10 drops of the tincture several times per day.

**CAUTIONS:** Those who are ill, pregnant or nursing should consult a health practitioner before using herbal products. While these herbs have been found useful against strep, staph, and other infections, those with serious conditions normally requiring the services of a physician are urged to consult with one.

## HERBS FOR VIRUS INFECTION

**PAU D' ARCO:** This herb is also known as taheebo or lapacho. It's gaining popularity due to the effectiveness against viruses, fungus conditions. It is also helpful for conditions treated with radiation and chemotherapy (Tierra and others).

**LOMATIUM:** This relatively little known herb is found high in the Cascade Mountains and other parts of the USA. It is harvested for a very short periods after the snow melts in the spring. Lomatium appears to be far better than any other herb or drug for treatment of viral infections. It is used and praised by White, Neimark Barlow and others for that purpose. A good dose of lomatium has great assisted those afflicted with flu miseries -- high fever, aching joints, etc. This wonderful potent herb brings quick relief. There is one small catch, however! A small percent of the population is sensitive to some of the herbs properties. This sensitivity shows up as a temporary measles-like rash. The rash may be due to "detox" activity. It can be alarming, but the rash is temporary! If you get a rash, stop using the product. For best results, fresh or freeze – dried lomatium should be used.

**OSHA:** An immune boosting herb that has anti-viral activity (Hobbs, martin, White). **NOT FOR USE DURING PREGNANCY!**

**USNEA:** This is a variety of lichen called "old man's beard" that hangs from tree branches in the Cascade mountains of Washington State. It is a useful anti-bacterial for staph, strep, and other bacteria (Hobbs, White, Tierra). It also contains anti-viral properties (Hobbs, Tierra). Tierra and other also find it useful for yeast and fungal infections.

**CAUTIONS:** Please note what was said above about some people getting rashes when they use lomatium. Also, it is not recommended that this formula be used during



pregnancy or nursing. Please consult you're a physician if you are normally being treated for a health condition.

NOTE: For even better results, along with this formula, use a product that contains fresh or freeze dried echinacea angustifolia root, bee propolis, baptisia, and poke root.

## **HERBS FOR YEAST AND FUNGUS INFECTIONS**

*Introduction:* Chronic yeast (candida) infections, particularly of the intestinal tract (systemic candida) , are common in both men and woman. Antibiotics kill off normal intestinal bacteria enabling yeast to grow in larger than normal numbers. In immune compromised individuals, this is common. Birth control pills and Some other medications also enable yeast to proliferate. Conditions such as vaginal yeast and athlete's foot usually do not occur apart from intestinal infection. Candida infection results in food and chemical allergies causing numerous symptoms such as: intestinal disorders, respiratory ailments, cardiovascular symptoms, fatigue, and weight gain to name a few. Systemic candida can be a great misery according to the Townsend Letter for Doctors, January 1995.

*CINNAMON:* Studies in Germany showed that cinnamon destroyed 67% of cadida when exposed to it (Belaiche).

*THYME:* The same studies found that thyme destroyed 70% of candida.

*CLOVES:* The same studies showed cloves to be 40% effective. Freshly ground cloves also kills parasite eggs in the body (Clark).

*CITRUS SEED EXTRACT:* This popular herb is effective against candida (Ionescu, Werbach, Schemker, Harich, Cooter, and others). It is also useful in treating a variety of other parasites (Schenker and others) and bacteria (Harick, Ionescu, Sachs, and others).

*OIL OF OREGANO:* Oil of organo has been found to kill 77% of candida that it came in contact with (Belaiche). A study of oil of organo was also done in Kent, Washington. All patients had been diagnosed as having candida overgrowth. After 4 weeks of oil or on oil of oregano, all reported improvement in various symptoms including fatigue, insomnia, etc. No side effects were reported.

*SPILANTHES:* This little known herb has anti-candida properties (Partridge, Smith). Traditional uses for this herb also include treatment of intestinal gas, kidney stones, inflammation of the mouth and throat, parasites, gout, and rheumatic conditions (King's American Dispensatory).

*USNEA:* This is a variety of lichen called "old man's beard" that hangs from tree



branches in the Cascade mountains of Washington State. It is a useful anti-bacterial for staph, strep, and other bacteria (Hobbs, White, Tierra). It also contains anti-viral properties (Hobbs, Tierra). Tierra and other also find it useful for yeast and fungal infections. Partridge and others have found it to be useful for yeast and fungal infections.

*MOLYBDENUM:* While not an herb, the mineral is important part molybdenum of the recovery from yeast infections as well as other health conditions. One of the many toxins made by yeast cells is acetaldehyde. Acetaldehyde appears to be responsible for many of the conditions caused by chronic yeast Overgrowth. Molybdenum is needed to detoxify acetaldehyde and other common toxins known as sulfites. Dr. Stephan Cooter has commented: "Moybdenum was the chief player in turning around my own chronic illness."

*Other factors to consider* - It may take months to get control over candidiasis. In addition to using herbs, the following may be helpful.

- Starve out yeast by avoiding sugars, starches (breads, flour products, rice, starchy vegetables), fruit, cheeses, and alcohol.
- Use a vitamin mineral combination such as Oxygenic B
- Use additional supplements as needed to correct metabolic imbalances
- Use a good acidophilus product
- Avoid foods that cause allergic reactions
- With you doctor's approval, avoid the things that creased the candida to become a problem in the first place (antibiotics, hormones, steroids).

*"Die off" reaction* - When yeast, parasites, etcetera are killed off, their cells break down and release their contents. These materials can be irritating and can cause symptoms. The result is that when you kill yeast, you may temporarily feel worse.

**CAUTION: THOSE WHO ARE PREGNANT OR NURSING SHOULD NOT USE THYME OR OIL OF OREGANO WITHOUT FIRST CONSULTING WITH THEIR PHYSICIAN. KEEP HERBAL PRODUCTS OUT OF REACH OF CHILDREN!**

All herbal products mentioned in this article are available from OJIBWA TEA OF LIFE. I hope that this article has been helpful to you!