

# THE ESSIAC HANDBOOK

Canada's Amazing Ojibway Herbal Remedy for Cancer,  
Chronic Fatigue, Lupus, AIDS, and Other Illnesses



"Essiac is a cure for cancer,  
period."

Dr. Charles Brusch, MD  
JFK's Personal Physician

## 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, Alzheimer's, etc. In the course of pursuing this interest, I was enthusiastic about some treatment methods that 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 that 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

James Percival  
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## 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 an 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. Their conclusion was 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.

### What Essiac 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.



**Sheep Sorrel**

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.

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

### **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 an herb and a food.

The Burdock is a member of the thistle family. Remember the last time you cleaned cockle burrs 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.



**Burdock Root**

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.

### **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. 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 Brusch 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, sulfur, 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 garlic 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, has 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, sulfur, 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.

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