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*I carry this Product Plus Add
Additional Herbs to intensify
strength & RECIPE ON PAGE 7
to customize to illness.*

ESSIAC: NATURE'S CURE FOR CANCER

An Interview With DR. GARY L. GLUM

by Elisabeth Robinson

Joni

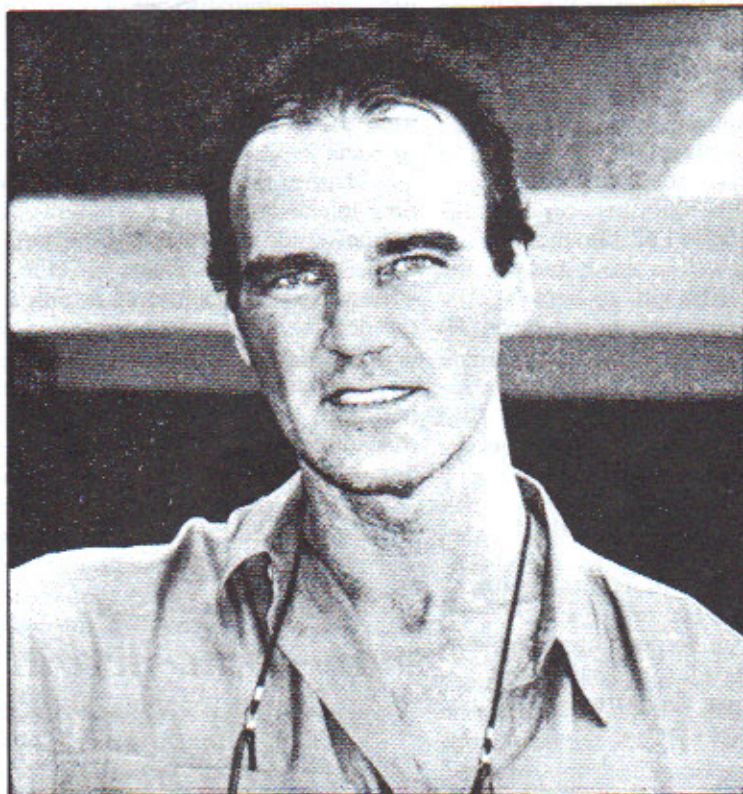
INTRODUCTION

Rene Caisse was a nurse living in Canada who for a period of almost sixty years treated hundreds of people with an herbal remedy she called Essiac. She discovered this remedy through a patient in the hospital where she worked who had been cured of cancer. The patient had used an herbal remedy given her by an Ojibway herbalist.

Rene left the hospital in 1922 at age 33, and went to Bracebridge, Ontario, Canada where she began administering Essiac to all who came to her. The majority of those whom she treated came on referral with letters from their physicians certifying they had incurable or terminal forms of cancer and that they had been given up by the medical profession as untreatable.

Rene began gathering the plants and preparing the herbal remedy herself in her own kitchen, in a building lent her for her patients. She administered Essiac both orally and by injection. In cases where there was severe damage to life support organs, her patients died — but they lived far longer than the medical profession had predicted, and, more significantly, they lived free of pain. Still others, listed as hopeless and terminal, but without severe damage to life support organs, were cured and lived 35–45 years (many are still living).

So startling was the effectiveness of this simple herbal remedy, it could not be ignored, and the Canadian Ministry of Health and Welfare and the Parliament became involved. Friends, former patients, and grateful families petitioned Canadian officialdom for Rene Caisse's right to administer the remedy to anyone who asked for it without the threat of interference



Dr. Gary L. Glum, until two years ago, was a chiropractor with offices in Los Angeles, California. His clients included well-known professional athletic teams and Olympic teams.

In 1988 Dr. Glum published Calling of an Angel, the story of Rene Caisse and Essiac. Two years ago he closed his practice and now devotes his time to investigative writing.

from authorities. Fifty-five thousand signatures were collected on the petition. In 1938, Essiac came within three votes of being legalized by the Ontario government as a remedy for terminal cancer patients.

The story of Rene Caisse, her life, her work, and the effectiveness of the remedy she named Essiac, is told in a book *Sun Bear* received, *Calling of an Angel*, by Dr. Gary L. Glum of Los Angeles. After reading the book and finding it to be informative, well documented and moving, I decided to interview Dr.

Glum. I verified the basic information in his book through Canadian sources, one an herbalist who knows of Rene Caisse and her work and who has personally made and successfully used Essiac.

As I completed my second conversation with Dr. Glum, he said, "You're opening a Pandora's Box here, publishing this interview about Essiac." I disagreed, but began thinking about Pandora's "box." In the story of Pandora most well-known today, she is sent by the gods to curse humanity for offending

them.

Pandora is given a "box" or container with instructions not to open it, which the gods know she will disobey. When Pandora does open the box, famine, war, plague, disease, pestilence — all the ills of humankind — are released. Then at the last comes hope, as antidote to despair.

But according to Barbara Walker's *Encyclopedia*, Pandora — whose name means "all giving" — was originally an image for Mother Earth. She had, not a box, but a honey vase like the Cornucopia from which flowed all life and creativity, as well as death and rebirth — Earth's gifts to her children. Because we are natural beings in a natural world, it seems appropriate that a simple remedy composed of four common herbs, gifts of Earth, would suggest so much promise for us today.

INTERVIEW WITH DR. GLUM

Elisabeth Robinson: To begin with, Dr. Glum, can you tell us a little about how you became interested in the story you tell in *Calling of an Angel*, and how you learned about Rene Caisse and her work?

Dr. Gary Glum: A personal friend of mine knew this woman, whose name I have promised not to reveal, who was living in Detroit, Michigan. Twenty years ago she had been diagnosed with cervical cancer in a Detroit hospital where she was eventually given up as incurable and terminal. She was given about ten days to live.

She convinced her husband to make a trip to Bracebridge, Canada where she went to see Rene Caisse. She was treated with the herbal remedy developed by Rene — Essiac — and in a short time she didn't have a cancer cell in her body. So after that time this woman began dedicating her life to disseminating information about Essiac in the United States. When I met her, she was the only person in possession of the original herbal formula who would relinquish it. I got the formula for Essiac from her.

That's how it began. When I

started, all I had was a piece of paper. I thought, what am I going to do with this? I decided the best way to go would be to find the information behind Essiac and put it in book form and bring it to the world.

I learned about Rene Caisse from Mary McPherson who was a very close personal friend of Rene's . . . not only a friend but also a patient. Mary's mother and her husband were also patients. They were all treated for cancer and cured by Rene.

Mary worked with Rene beginning in the 1930s and she had in her possession all these documents that had to do with Essiac over the 40 years Rene administered it. All the documents Rene had were destroyed by the Canadian Ministry of Health & Welfare at the time of her death in 1978. They burned all that information in fifty-five gallon drums behind her home.

Essiac is a non-toxic herbal cure for cancer that's been with us since 1922.

ER: Why?

GG: Because they don't want this information in the hands of the public or the press or anybody else. They indeed found out what Essiac was in 1937. The Royal Cancer Commission hearings had then come to the same conclusions that Rene had — that Essiac was a cure for cancer.

ER: What is Essiac exactly?

GG: Essiac is a non-toxic herbal cure for cancer that's been with us since 1922. It's a formula made from four very common herbs.

ER: I would guess that virtually every person in the U.S. today has been touched by cancer, either personally or through a loved one. If this information is true, and the effectiveness of this remedy is actually medically documented, many lives could be saved. Why do you think the information on Essiac is not more widely known?

GG: The information is withheld because cancer is the second largest revenue producing business in the world, next to the petrochemical business. Money and power suppress this truth.

No one has ever sought to cure cancer — only to control it. I mean, the research institutes, federal governments, pharmaceutical companies, anybody that has a vested interest in the health care of cancer, including the American Cancer Society, the Canadian Cancer Society, any of these so-called benefactors to those who have contracted this disease — all of these institutions are involved in the money and power around cancer.

These institutions have influence over government and regulatory agencies such as the Food and Drug Administration. The FDA recommends only allopathic treatments for cancer and other life threatening diseases. It does not approve nor make legal alternative treatments of any kind.

ER: You're saying that Essiac is in a position similar to, for example, laetril.

GG: Yes, the only reason laetril was stopped — and it couldn't be stopped any other way — was through the insurance companies. The insurance companies sent down a directive to all allopathic physicians stating that they could not cover them in any malpractice suit in the event they were treating people with any substance not approved by the Food and Drug Administration.

ER: In your book you mention that the Brusck Clinic in Massachusetts worked with Rene Caisse and with Essiac, during the early 1960s. Is this

clinic still doing research with Essiac?

GG: Dr. Charles A. Brusch is not practicing at this time. He was a personal physician to the late President John F. Kennedy. Dr. Brusch worked with Rene Caisse from 1959 to 1962. He worked with thousands of cancer patients. He also worked with the Presidential Cancer Commission, with others like Dr. Armand Hammer, the American Cancer Society, and the National Cancer Institute.

Dr. Brusch presented his findings after ten years of research. He had come to the conclusion that, in his own words, "Essiac is a cure for cancer, period. All studies done at laboratories in the United States and Canada support this conclusion."

Whereupon the federal government issued a gag order and said "You've got one of two choices, either you keep quiet about this or we'll haul you off to military prison and you'll never be heard of again." So we never heard another word out of him.

Brusch's Essiac patients included Ted Kennedy's son who had a sarcoma in his leg, and who had his leg amputated. He was being treated at that time by the Farber Cancer Institute in Boston, Massachusetts. Dr. Farber didn't know how to save him, because no one had ever lived with this type of sarcoma. So what he did was go to Dr. Brusch and say, how are we going to save Ted Kennedy's son? And Dr. Brusch made the suggestion to put him on Essiac, and after they did, he didn't have a cancer cell in his body. But all this information has been hidden from the general public.

ER: Why?

GG: As I said, money and power.

ER: Do you know whether the remedy is being used or tested anywhere today in the U.S. or Canada?

GG: Right now Essiac is being used in every state in the United States, it's throughout Canada, into Mexico,

it's in Australia, Europe, Asia, and, recently, also in Africa. So the message of Essiac is beginning to make its way worldwide. But it's still known only on a very limited basis.

Of course now you also have the problem of herbal distributing companies throughout the world that are substituting yellow dock and curly dock for sheep's sorrel, which is one of the critical ingredients in Essiac.

The sheep's sorrel is the herbal ingredient in Essiac that was found to be responsible for the destruction of cancer cells in the body, or their amalgamation where metastasized cancer cells actually return to the original tumor site.

That research was done by Dr. Chester Stock at Sloan-Kettering in New York for over a three-year period. But when they gathered that information, they withheld it from the general public — yet they gave it to the Canadian Ministry of Health & Welfare. The Canadian government then immediately banned that herb for sale and distribution.

ER: Banned a common weed like sheep's sorrel?

GG: Yes, sheep's sorrel is just a common weed that grows in abundance throughout North America and into Canada. Just a common weed.

(Note: After this interview was completed, Wildfire learned from an herbalist in Canada that the Canadian government has recently banned St. John's Wort, also a common weed frequently used by herbalists.)

ER: Well, it seems that banning sheep's sorrel would not be very effective if you could identify it for yourself.

GG: Yes, it's just a question of identifying the plant and then harvesting it correctly and drying it properly and then putting it together with the other herbs.

Rene would harvest the sheep's sorrel — *Rumex acetosella* — when it was four to six inches high. She cut it back and it would grow up again, and she'd cut it back again. She would do that about three times and

then she would let it go to seed. It will grow to 14 or 18 inches.

She would take the herb cuttings home and lay them out at room temperature to dry them. She'd let the cuttings sit there for three or four days before she'd begin turning the herbs. Then she'd turn them every two days until they were properly dry, which took about ten days to two weeks. It takes about a bushel of harvested sheep's sorrel to produce one pound of the dried powdered herb which is used in the formula.

ER: Do you have the formula? It's not in your book. You do mention a video in the book.

GG: Yes, I have it. Anyone can get it from me, free of charge. We don't sell the video anymore. We simply mail the formula to anyone who asks for it.

ER: Sun Bear told me you had problems getting the book published and distributed. What kind of problems?

GG: There wasn't a publishing company that would publish it. No one wanted to run the risk of a wrongful death suit. So I published the book myself. And as soon as I did, the IRS came in and slapped about a half million dollars in tax liens against me and said, "You know this has got nothing to do with taxes. It's all about cancer." They actually started hauling the pallets of books out of my medical practice offices and confiscating them. I also had thousands of books that were confiscated by the Canadian government at customs. I have never received any of those books back. The only ones I have now are hidden in storage facilities.

ER: That's incredible — why do you think they are so interested in keeping this book out of circulation?

GG: Money and power, as I've said. Cancer is the largest revenue producing business in the world next to the petrochemical business. In Canada the book is being held up by the Ministry of Health &

Welfare because they say it is "advertising."

ER: Advertising what? The video you don't sell any more?

GG: No, a cure for cancer.

ER: Can you explain what you mean by the publishers' fearing a wrongful death suit?

GG: What you're dealing with is giving people a formula that they can make and use in the privacy of their own homes without the approval of the AMA or FDA or anybody else. If any attorney or any family member should decide, for whatever reason, that the reason someone expired was from the use of Essiac, then you are putting yourself up for a wrongful death suit. The contention is that if it isn't approved by the Food and Drug Administration, there's no legality in using it when you're dealing with a life threatening disease.

When Rene Caisse set up her clinical trials in Canada to test Essiac, she was given government permission to treat terminally ill cancer patients who had been given up for hopeless by the medical profession. That was one criteria. Secondly, this was all to be certified by a pathology report. And third, she could not charge anything for her services. She agreed to all these criteria and proceeded to treat people with Essiac. Many she treated were still there 35 years later to bury her when she died at age 90.

The best that anyone can do is just try to disseminate this information to the public and let people make their own choices. That's all you can do. And just say, look, if you feel that Essiac has value in your life and the lives of your loved ones, you have the right to make this remedy and use it in the privacy of your own home and without anyone's approval.

You know, in 1937 Essiac came within three votes of being legalized as a treatment for cancer. People had garnered over fifty-five thousand signatures on a petition to allow Rene to continue to use Essiac. The only reason the vote fell short, she

found out years later, was that the College of Physicians and Surgeons met and said to Parliament, if you don't respond to the political pressure and legalize Essiac, then we'll take a sincere look and give this woman a fair hearing. So Parliament didn't legalize Essiac.

So following the Royal Cancer Commission hearings, Rene was allowed to continue her practice but only within the criteria I mentioned before, which allowed the Ministry of Health & Welfare to restrict people's access to Essiac treatments.

I know this because I have a copy of the hearing transcripts which I got from Mary McPherson, which is some of the information that did not get burned when Rene died.

ER: You mentioned that earlier. What exactly was burned?

GG: All her research for that 40-year period of time. All the names, all her clinical data that she had collected. Her files and records.

ER: What about the records of the Brusck Clinic? It seems these would be convincing evidence.

GG: As far as I know all that material has been destroyed also. I knew that Rene had worked with Dr. Brusck from 1959 to 1962, so I went to Dr. Brusck's home in Cambridge, Massachusetts whereupon he delivered to me the only material he had left in his files on Essiac. One of those files was his own personal file where he had treated and cured his own cancer with Essiac. I have his personal records.

All the information in my book is verified by a sheet of paper with a signature and a date on it, and those sheets and signatures are all originals. They are not copies.

ER: Have you had any personal experiences with Essiac?

GG: Yes, I can give you an example. He was a twelve-year-old boy named Toby Wood. He had acute lymphoblastic, which is one of the most virulent of all leukemias.

He had been on chemotherapy for four years and radiation for three. His mother's only hope in life was to find a cure for him. She went everywhere. She tried every alternative treatment.

Her last stop was Dr. Alvazados in Athens, Greece where her son's white cell count was 186,000. He had no red blood cells and no platelets. He was hemorrhaging to death. So they transfused Toby in Greece and put him on a plane to Alaska where he was given less than five days to live.

I met his mother's sister in Los Angeles while I was putting the book together and she asked if there was any credibility here. We sat down and talked. She then borrowed the money for a flight to Anchorage, and delivered a bottle of Essiac. By the time she got there Toby was given three days to live. He was in a state of complete deterioration. He was given the Essiac and all the hemorrhaging stopped within 24 hours. Within three months all his blood tests were normal. I arrived in Alaska later that year and met him.

Toby Wood did die, and we finally found a pathologist who would do an exhaustive autopsy. We knew that he didn't have leukemia any more. We wanted to find out what was the cause of death. It took four months to get the report back. The pathologist autopsied the brain, testicles, and all life support organs, including the bone marrow. No blast cells were found in any life support organ. No blast cells were found in the bone marrow. There were a few stray cells in the testicles and in the brain. Cause of death was damage to the myocardial sac of the heart, a result of the chemotherapy.

This was the first report anywhere in medical history of anyone surviving lymphoblastic leukemia. That information was taken to AP and UPI but they said it was not newsworthy.

Our information on Essiac has been sent around the world twice through *Publisher's Weekly* magazine in a huge two-page ad. We received no responses at all from any publishing company worldwide, no producers, directors, throughout the United States, no talk show programs, none

of that. We can't access the media.

In fact we talked to Philip Scheffler, producer of *60 Minutes*. He read the book and we called him to ask what he was going to do about it. He said, nothing. I said, all the information in the book is verifiable. In other words, it's the truth. I said, if you're *60 Minutes* why don't you expose me and Essiac as a fraud. He said, nope, can't do it.

We took it to Joe Donally who's the executive news producer for ABC in New York. We said why not give it to Peter Jennings, Geraldo Rivera, Ted Koppel, one of those. He said, nope. We asked why not. He said because his phone lines would be invaded with 65,000 phone calls. We said, how sympathetic do you think a parent whose child is dying of leukemia, would be to your 65,000 phone calls. He went on to say he's got a mortgage on his house and he's looking toward retirement.

So that's the problem. No one wants this information disseminated. And it's not just the media, either. It includes the herbal companies who are now substituting the curly dock for sheep's sorrel. So people are getting the wrong ingredients for Essiac, not to mention the five or six other formulas that are circulating which are different from the one I send out. These false formulas are being disseminated. There is a disinformation campaign going on here, somehow.

ER: Has this disinformation campaign started just since your book has been out?

GG: Previous to my book, none of this information was available to the general public at all. The public had no information outside of a few assorted articles. Certainly the Essiac formula was not available to the general public at all. All that information was held by the Resperin Corporation in Toronto, Canada, which supposedly is a private institution.

However, they work hand in glove with the Canadian Ministry of Health & Welfare, who works directly with the American Food and Drug Administration and the

National Cancer Institute in Bethesda, Maryland. The Essiac formula was never given to anyone by Resperin.

ER: Did the Resperin Corporation do any research on Essiac?

GG: They've done research since 1978 when the formula was relinquished to them by Rene for the purchase price of one dollar. As soon as they got the formula, they told Rene they had no further use for her. She had been under the distinct impression from the Ministry of Health & Welfare and the Resperin Corporation that she was to lead the research activities that they so desperately wanted to put together.

But Rene had already done clinical trials. She had names and records. She thought the Resperin Corporation was politically powerful and had money enough to get Essiac into the public sector without compromising her values. Then she found out the Corporation was working closely with the government and administration and the Ministry of Health & Welfare.

So now people who were terminally ill and given up as hopeless had to go through a federal bureaucratic maze to get the remedy. By then, for most of these people, it was too late. But even when people were cured, that information was not released to the public.

Resperin ran research tests on Essiac. One test was conducted in Northern Canada and the documents were falsified. For example, one man was listed as dead who a few months later knocked on Rene's door and said, you know I want to thank you for the Essiac and being part of this experimental program. Yet he was listed as dead in the research project findings.

ER: It's beginning to seem amazing to me that any information at all about this remedy has survived the "conspiracy of silence" or outright destruction of records and so on.

GG: The only reason Essiac is known today is by word of mouth and because Essiac is what it is.

What will keep Essiac known is its effectiveness. Rene said it years ago. She said, look, if Essiac doesn't have any merit let me put it out there. If it doesn't have merit, it will kill itself. Of course she knew full well if people had the correct herbs, the remedy would stand on its own. And that is exactly what Essiac has done over this period of time that we've been disseminating the information.

Rene also found that Essiac was a strong preventive. These findings were substantiated by Dr. Albert Schatz at Temple University who discovered the cure for tuberculosis.

Rene also found that Essiac would normalize the thyroid gland. My wife was on two grains of thyroid since the sixth grade. After I met her, she started taking Essiac, and she hasn't taken a grain of thyroid since.

Rene also found that Essiac would heal stomach ulcers within three or four weeks. She felt that ulcers were a precursor to cancer.

Sir Frederick Banting, the co-discoverer of insulin, wanted to work with Rene. She had clinical cases where a person on insulin discontinued it with the Essiac, since no one knew how Essiac would interact with the insulin. Apparently Essiac regulated the pancreas in cases of diabetes mellitus. So these people then became insulin-free.

Another thing I've found with Essiac is that I've experienced almost perfect health. As you get older you think, well, I'm forty now, these things happen. Well, these things don't have to happen. Since I've taken Essiac, I've experienced almost perfect health. It's amazing. I sleep like a baby, have all kinds of energy, and no sickness, not even a cold or the flu.

I also worked with the AIDS Project Los Angeles through their Long Beach and San Pedro districts. They had sent 179 patients home to die. They all had pneumocystis carinii and histoplasmosis. Their weight was down to about 100 pounds. Their T-4 cell counts were less than ten. The Project gave me five of these patients. I took them off the AZT and the DDI and put them on Essiac three times a day.

Those are the only ones alive today. The other 174 are dead.

ER: That is incredible — but what kind of lives are they leading today?

GG: They're exercising three times a day, eating three meals a day. Their weight is back to normal. For all intents and purposes you wouldn't know they were sick a day in their lives. But this information is not being disseminated either, because AIDS is on the horizon as another big moneymaker. The chairman of the AIDS project in Los Angeles makes over \$100,000 a year.

Even the alternative health care professionals are out there to control, not to cure. Alternative medical practice is just as mercenary and deceptive as the allopathic. No one wants a cure for cancer or AIDS.

Nationwide in the water we drink over 2,100 organic and inorganic chemicals have been identified, and 156 of them are pure carcinogens.

The alternative people are also into it for the money. What you're finding with Essiac is that it is not even allowed into the arenas of alternative health care. So really what you've got out here is people continually perpetrating these lies against mankind. For money. For money and power. It's that simple.

Really once you think about it, the only reason we don't have solar power is that no one's figured out a way to sell EXXON the sun. It's true. If they could, you'd have solar power. You know you'd have it.

ER: So, in your own personal experience, this herbal remedy works to — I'm going to just quote you

here and say "cure" — cancer, thyroid conditions, diabetes, AIDS, ulcers . . .

GG: It also cures the common cold. Essiac elevates the immune system. I've been taking one ounce a day for seven years, and in seven years I haven't had a cold, flu or virus.

ER: And all of this from a simple Native herbal remedy?

GG: Yes. Although Rene did alter it. She altered it with Turkish rhubarb root (*Rheum palmatum*). Turkish rhubarb has a 5,000 year history. It actually came up from India into China and then was taken by the British.

ER: Turkish rhubarb root certainly is not native in this country, nor available here. Herbals from foreign countries are fumigated and irradiated, so is it a good idea to use the Turkish rhubarb?

GG: You can substitute ordinary rhubarb root. The other two ingredients are burdock root (*Arctium lappa*) and the inner bark of slippery elm (*Ulmus fulva*). They are easy to obtain, usually. Sheep's sorrel, *Rumex acetosella*, is what destroys the cancer cells. The other three herbs are blood purifiers.

Essiac elevates the enzyme system and gives all cancer patients and all AIDS patients the enzymes that have been destroyed. Essiac elevates the enzyme system; it elevates the hormone system, which elevates the immune system, so the body can cure its own disease.

ER: What about quantities? Some herbals are toxic.

GG: Even its worst enemy could never lay claim that Essiac had any deleterious side effects whatever. You can take Essiac safely, through all the clinical trials that have been done, up to six ounces a day. That's two ounces in the evening, two in the morning and two around noontime. That's a high dosage. Rene had the correct herbs and she used as little as one ounce a week.

But look at the difference

between then and now. The food didn't have carcinogens in it, and neither did the water, nor the air. So what have we done? We've killed the air, killed the water, killed the food. So what's left?

Nationwide in the water we drink over 2,100 organic and inorganic chemicals have been identified, and 156 of them are pure carcinogens. Of those, if you have a tumor, 26 are tumor promoting, so they make the tumor larger. But of course this information is not available to the public either. Those figures are from tests conducted by the Environmental Protection Agency which have never been distributed to the public.

ER: How did you get the information?

GG: From a Ralph Nader organization out of Washington, D. C. The media has not disseminated this information. Another problem is that very few people read books any more. We can only hope they'll read *Calling of an Angel*. Of course, the problem right now is people getting the right herbs.

ER: Anything you'd like to add before we close this interview?

GG: I would like to say that I didn't do all this research because I feel I have a responsibility to other people. I did it because I have a responsibility to myself. I know that I've done all I can to disseminate this information and bring it to the people.

I was the first person to release this information on Essiac, how to make it, to the general public and say, here it is, here's the formula, here's the story. So now the story is out there and look what's happening — it's getting killed through a disinformation campaign. I mean Harvard, Temple, Tufts, Northwestern University, Chicago — all these institutions have tested Essiac with the right stuff, and they all came to the same conclusions as Rene Caisse. But all that information has been buried.

ER: Gary, it's been very interesting.

proper medicinal formula. Because of the quantity of herbs that I use, I purchase from different suppliers. I am very careful to check the potency, but the differences outlined above can alter the taste and consistency, and even the appearance. Another reason for the taste difference can be the taste buds of the person taking the Essiac. Many times after the formula has worked at helping the body, the body chemistry may have altered and things simply don't taste the same.

WHY IS THE HERBAL FORMULA THICK? This formula is thick because of the Slippery Elm Bark. This herb is a DEMULCENT and creates a slimy consistency. This is especially effective in healing inflamed tissue and stomach ulcers. Note: Formula is not always thick... see above

IS IT O.K. IF THE FORMULA I MADE IS CLOUDY OR SLIMY? This is only because it hasn't been put through a very fine filter. If you let it settle, the larger herb pieces will settle on the bottom of your bottle. This will not harm the formula in anyway. Some people have used the sludge that is left after filtering as a poultice on cancer type wounds. I have heard of two cures, so far.

CAN THIS FORMULA BE TAKEN WITH CHEMOTHERAPY? We do not recommend chemotherapy and have no scientific experimentation to answer this. I can tell you that I have numerous reports of people on chemotherapy that are taking this formula and in some cases the doctors are amazed that they are not suffering the normal side-effects. It has proven itself very safe.

ARE THERE ANY NEGATIVE SIDE EFFECTS? We have no serious side effects reported to-date. (5 years of research) Sometimes, if a person is very toxic, a headache may be experienced. What is happening is that the formula is mobilizing the toxins to be reprocessed by the body and you are not taking enough fluid to get them out. In many cases an herbal laxative or a simple glass of prune juice is indicated. Always keep bowels moving and drink plenty of fluids to help cleanse your body.

CAN THIS FORMULA BE GIVEN TO PETS? - Absolutely. We have many testimonials telling us that this tea has helped dogs and cats. Dose in catalog on pet pages.

CAN THIS BE GIVEN TO CHILDREN? - Yes, if they have cancer or a severe ailment. You must reduce the dose according to weight!

CAN THIS BE GIVEN TO PREGNANT WOMEN? - If you are pregnant and have cancer, Yes you can take it. If you do not have cancer or a severe illness then No!

CAN I USE CLEAR GLASS OR GREEN GLASS BOTTLES? - You can use clear glass, but you must cover the outside of the bottle with a brown paper bag or aluminum foil (can't be exposed to light). Green glass is also ok as long as it is the dark green and light does not pass through it.

ARE THE CAPSULES AND THE LIQUID TEA THE SAME AS THE BULK? - NO, the fresh tea that you brew up is the most potent and is what you would use if you have cancer. The liquid concentrate can be used for other ailments such as Acne, Candida, Diabetes or Depression. The capsules are used as maintenance only, do not use the capsules if you have cancer.

WHAT IF I BOILED THE TEA TOO LONG OR LET IT SIT MORE THAN 12 HOURS? If you boil it too long, say 20 or 30 minutes instead of 10, it is still good. Also; if you leave it sitting for more than 12 hours it is still good, you just have to boil it for an extra 10-15 minutes to make sure there isn't any bacteria in it.

DIRECTIONS TO MAKE HHA 4-HERB TEA

Our herbs are all organic and grown in the U.S.A.

Joni Lund-Trading Post makes no healing claims regarding this herbal formula, but will provide it to you for your own personal use and experimentation. We have provided the *Tea* -Herb formula for over 12 years and have found it to be safe and non-toxic even in long term use. Many members take it with their chemotherapy as well. It is safe for children and pets. Dose should be scaled down by weight for children and pets. Formula can be added to drinking water for pets.

PREPARATION OF THE *TEA* HERB FORMULA

SUPPLIES NEEDED: Stainless Steel or enamel canning pot with lid. Never use aluminum.
Another large pot to pour hot liquid into while you strain it. This can be pyrex or stainless steel.

Stainless steel or other mesh strainer and spoon and label - available at *joni.lund.com*
32 ounce amber glass bottles to store your finished product in - available at *joni.lund.com*

Need 3 bottles for 1/2 batch and 6 bottles for full batch.

(They need to be amber, as the formula is light sensitive and will not stay as potent.)

You can use clear bottles - cover with aluminum foil to keep light out

PROCEDURE TO MAKE YOUR TEA

1. To make two gallon recipe - Mix the *Tea* Herbs together. (approximately 1 cup)
(You may cut the recipe in half if you wish, but we do recommend that you halve each package of herbs first, then mix them together. The reason for this is that the powdered herbs, such as the Turkey Rhubarb fall to the bottom and your recipe will not be evenly divided if you don't split them first.)
2. Full recipe - Bring two gallons of distilled or spring water to a boil. If using only half of the herbs, bring 1 gallon of water to a boil. Stir in herbs, replace lid and boil for 10 minutes.
3. Turn off stove, scrape down sides, mix well and allow pot to sit and remain closed for 12 hours. (This is the steeping and extraction process.)
4. Reheat to almost boiling, about 10 minutes. Let cool just a little and begin straining process. Strain as many times as you like. A little herb left in the liquid will not hurt it in any way. Reheat your liquid once again. 2 - 3 minutes only. This will kill any bacteria that may have landed in your liquid and help keep it from spoiling.
5. Using a funnel or a glass measuring cup, put your hot liquid into preheated bottles. You can heat the bottles in the oven - 200 degrees - 5 or 10 minutes. Do not put caps in oven!
6. Cap, let cool and then put in the refrigerator. This will be good for two weeks. Label the day you made it and the day it expires. If you have some left over after two weeks, bring it back to a boil to re-sterilize it and you can keep using it for two more weeks. Then it must be discarded.

DIRECTIONS FOR USE

Mix 2 oz. of herbal liquid with 2 oz. of hot water. Never heat this formula or the hot water in a microwave! Formula should be taken on an empty stomach to allow for better absorbability. Always take before eating. Wait 10-20 minutes before eating. The herbal formula is non-toxic in proper doses. These herbs do stimulate the body to throw off toxins and therefore it is important that you drink plenty of clean spring water and have regular bowel movements. Recommended supplementation 3 - 4 times a day for cancer and serious ailments, twice a day for chronic and 1 time a day for maintenance and gentle detoxification.

2 Gallon Stainless Steel Pot, 32 oz. amber storage bottles are available on-line

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9 AM - 9 PM

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