

Essiac Blend Profile

Introduction

Essiac was promoted and popularized by a Canadian nurse named Rene M. Caisse, who named the formula with her last name spelled backwards. Born in 1888, Rene Caisse promoted the use of her tea in the treatment of a steady stream of cancer patients until her death in 1978 at the age of ninety. Rene Caisse's cancer cure was used by persons with prostate cancer, advanced bladder cancer, and advanced breast cancer who are documented to have gone into remission.

Constituents

One version of the tea contains just four herbs: organic burdock root, organic rhubarb root, organic slippery elm bark, and organic sheep sorrel. Another version of the tea adds blessed thistle, kelp, red clover, and watercress. Mountain Rose Herbs only offers the historic Caisse blend with exact proportions as called for.

Typical Preparations

Almost always used as a tea however encapsulations and even extracts are being distributed.

Summary

The efficacy of essiac against cancer can be partially explained by the cancer-fighting characteristics of herbs in the formula. Red clover contains compounds that may keep estrogen from stimulating breast cancer cells. Burdock root reduces the rate at which estrogen is reabsorbed into the bloodstream after it has been processed by the liver. The emodin found in rhubarb root greatly enhances the cure rate of conventional chemotherapies, notably Adriamycin, Platinol, Rubex, and Taxol. The aloe emodin found in sheep sorrel is effective, at least in laboratory studies, against leukemia cells. A report in the August 2004 edition of the Journal of Alternative and Complementary Medicine suggests that the greatest benefit of essiac may be found in treating prostate cancer, more specifically prostate cancer in men with compromised immune systems. Essiac tea has a mild and pleasant taste, although some of its herbs can aggravate certain pre-existing conditions, as noted below.

Precautions

Use as directed. Never inject essiac. Rhubarb root and sheep sorrel contain high concentrations of oxalic acid, so essiac should be avoided by people who have kidney stones. Rhubarb root is a stimulant laxative which must be avoided by persons who have any kind of intestinal obstruction. Essiac must be taken on an empty stomach, nausea and indigestion may occur if used on a full stomach. Diarrhea and gastrointestinal discomfort may occur because of the laxative effects of essiac. Frequent urination may also occur. Because of the detoxification process, sufficient water should be drunk while using essiac, as water assists the body with the removal of toxins. Some individuals may be allergic to one or more of the herbs in the formula. Negative affects may also occur from taking too high a dosage of essiac, a low

dosage is recommended. There are no known interactions between essiac and other medications or herbs. However, it is recommended that you consult a licensed physician before using essiac for any reason.