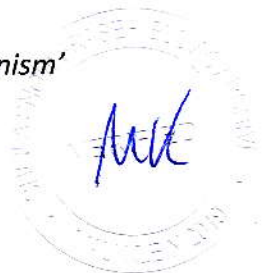


ESSIAC/BLACK ROOT MEDICINE (*the original 8-herb Formula*)

- 1) The 1977 Paper, copy,
- 2) October 27, 1926, Doctor's Petition, Toronto, copy
- 3) Rene Caisse Statement, handwritten, copy
- 4) Haileybury Fire Museum ref. *Sisters of Providence Hospital*
- 5) 1922, Sisters of Providence Hospital, summary of accounts
- 6) April 21, 1960, privately commissioned by Rene Caisse, '*Blood Purifier*' analysis, Skinner & Sherman Testing Laboratories
- 7) Rene Caisse: '*Why not use Essiac on terminal Patients?*'
- 8) 1977, autumn, Louis Specht article: Says Nurse Caisse, '*Ample animal testing with Essiac*'
- 9) 1977, Essiac Treatment Instructions, Rene Caisse
- 10) September 8, 1977, Patient disclaimer, John F. McQuaid
- 11) 1977, Walde/Barker Trials, Report on Essiac, 1 page
- 12) May 22, 1978, patient referral, Alfredo Fleurquin MD., to Rene Caisse
- 13) January 15, 1979, letter, Sheila Snow Fraser to Ian Henderson MD., Health and Welfare, Canada
- 14) January 26, 1979, letter, Ian Henderson MD., Health and Welfare, Canada, to Sheila Snow Fraser
- 15) October 5, 1983, letter, E. Bruce Hendrick MD., to Mme. Monique Begin, Minister of Health & Welfare, Ottawa
- 16) February 7, 1989, 'Issues' article, Health Protection Branch: '*Essiac, an ineffective cancer treatment*'
- 17) September 4, 1989, letter, Sheila Snow Napolitano to Howard Myer,
- 18) February 26, 1992, Sheila Snow Napolitano, Essiac preparation and dosage notes
- 19) Sheila Snow Napolitano: '*Sheila's Method of Sterilizing Bottles*'
- 20) July 3, 1994, diary note, Sheila Snow Napolitano
- 21) December 23, 1994, Mary McPherson Affidavit, copy
- 22) December 23, 1994, Mary McPherson, handwritten four-herb Essiac recipe, copy
- 23) December 23, 1994, Mary McPherson, handwritten, R.M.C Salve & R.M.C., copy
- 24) Gary Glum Essiac Recipe
- 25) 1990's Essiac distributors, List of
- 26) H.D.Wilson, MD., Orillia, '*Rules to get permission to treat a cancer patient with Essiac*'
- 27) Sheila Snow Napolitano, diary note re. Periwinkle herb
- 28) 1995, Mary McPherson, Interview with Ted Britton: '*Essiac recipe depends on using the right plants.*'
- 29) 1996, Advanced Health News, Conversation with Mary McPherson, Dr William Carbarry
- 30) June 29, 2001, email, 12.32, Aubrey Scoon to Clouds Trust: '*Mechanism of Essiac*'
- 31) June 29, 2001, email, 14.25, Aubrey Scoon to Clouds Trust: '*More on Essiac Mechanism*'
- 32) August 22, 2001, Irish Examiner article: '*The Herb of Good Hope*'
- 33) March 14, 2002, letter, Marcy (Schrem ref. *Sherry Bate*) Leto to Mali Klein
- 34) March 2002, letter, Mary McPherson to Marcy (Schrem) Leto



MK

- 101 sorrel halogenated. as hyposecretion
but put in the oral medication as a
complete oral treatment for cancer.
- 102 5 lbs powdered Burdock root 5 8oz. Cups
carefully ground
- 103 1 ounce ^{turkish} India rhubarb (1/2 with 1/2)
bitter

- 104 1 lb powdered sorrel
- 105 1/4 lb slippery elm bark.

106 ~~Red clover blossoms~~ 1/4 lb added

107 watercress 1/4 lb.

108 ~~Prunella~~ added

all ingredients powdered and mixed
1 ounce of the mixed ingredients to be
put into 32 ounces boiling water for
ten minutes remove from heat and cover
let stand for eight hours or over night
then strain down strain into bottles
and seal.

On the strength of what those doctors saw with their own eyes, eight of them signed a petition to the Department of National Health and Welfare at Ottawa, asking that I be given facilities to do independent research of my discovery.

Their petition, dated at Toronto on October 27, 1926, reads as follows:

TO WHOM IT MAY CONCERN:

WE, THE UNDERSIGNED, BELIEVE THAT THE "TREATMENT FOR CANCER" GIVEN BY NURSE R. M. CAISSE CAN DO NO HARM AND THAT IT RELIEVES PAIN, WILL REDUCE THE ENLARGEMENT, AND WILL PROLONG LIFE IN HOPELESS CASES.

TO THE BEST OF OUR KNOWLEDGE, SHE HAS NOT BEEN GIVEN A CASE TO TREAT UNTIL EVERYTHING IN MEDICAL AND SURGICAL SCIENCE HAS BEEN TRIED WITHOUT EFFECT AND EVEN THEN SHE WAS ABLE TO SHOW REMARKABLY BENEFICIAL RESULTS ON THOSE CASES AT THAT LATE STAGE.

WE WOULD BE INTERESTED TO SEE HER GIVEN AN OPPORTUNITY TO PROVE HER WORK IN A LARGE WAY.

TO THE BEST OF OUR KNOWLEDGE SHE HAS TREATED ALL CASES FREE OF ANY CHARGE AND HAS BEEN CARRYING ON THIS WORK OVER THE PERIOD OF THE PAST TWO YEARS.

Copy of the signatures is shown below:

James Innis M.D.

Signed *W. F. Fisher M.D.*
R. A. Blye M.D.
E. D. Hoedge M.B. S.P.C. M.R.C.S.
Chas. H. Hurd M.D.
E. M. Munn M.D.
H. J. Williams M.D.
J. Robert M.D.

mk

NOTE: Originals or certified copies of all quoted material are in my possession.

I want this clearly understood
I did not get my treatment from an
Indian in fact I never saw a real
Indian in my life. I was head
nurse in a Sisters of Providence Hospital
in a northern Ontario town, when I walked
into a room where one of my nurses
was bathing an elderly patient and
I saw that one of her breasts was a
mass of scar tissue and I asked about
it. Mrs. M. was 81 years old and she
told me that she had come out from
England to be with her husband
who was prospecting in northern
Ontario, and she developed a cancer
in her breast, an Indian told her
husband that he could cure it with
herbs, but her husband would not
consent to that, so he took her to Toronto
to a specialist who took a section
for analysis and proved that it
was malignant, and wanted to
operate, she would not consent to
this because a friend in England
whom she knew had died after she
had that operation and she said
that they hadn't the money to stay
in Toronto to have it done. so she
went back to the camp and she
got the herbs and took them orally
for over a year before her breast
healed and that was more than 30
years since she had taken this
and she had not had a recurrence
of cancer, she told me what she
had used, and I wrote it down because

in those days when a surgeon operated and found Cancer it was a death sentence, I had been in the operating room often enough to know this, so I said to myself "if I ever develop cancer I will use this tea. never dreaming that I would make it my lifes work.

Later I got word that my very dear Aunt (my mother's sister) had been operated upon by Dr. John Cornell and his doctor son, and found that she had Cancer of the stomach with a liver involvement, so I left the Hospital and I went to her and I took her to Dr. R. C. Fisher, and I told him about the herbs and he consented to my trying them on my aunt and he kept in touch and saw her improve until she was well. he asked me to treat other terminal cases for him which I did, he talked about it to other practitioners and they also asked me to try it on their patients to make a long story ^{short} I was treating for some doctors when they asked me to come and see a man whose face was badly burned with radium and he was bleeding to death. (I have pictures before treatment and after) when these Drs saw the healing that took place and the hemorrhaging stopped they wrote and signed a petition.

ML

To Ottawa asking that I be given the facilities to do deeper research on my treatment. In answer they sent two Drs to issue a warrant for my arrest, but when they talked to the doctors I had worked with they would not issue a warrant.

One of the doctors became so interested that he arranged for me to work in the lab at the Christie St Hospital with two doctors, on mice that were inoculated with Ross Sarcoma and I was able to keep them alive longer than anyone had ever been able to do.

Little did I dream that I would meet opposition from the medical world. I was glib enough to believe that if I could produce enough evidence of a beneficial treatment for Cancer that they would receive it with open arms.

And do you know that if the Home Maker Magazine had decided to investigate my claims of having a beneficial and sometimes a cure for Cancer, and of using their world wide magazine to let the world know that there was "Essiac", a cure for this dread disease? The Cancer Society doctors are broadcasting to the world that I refuse to give them my formulae. This is not true because I have been going to them

D. J. ...

for 2 days

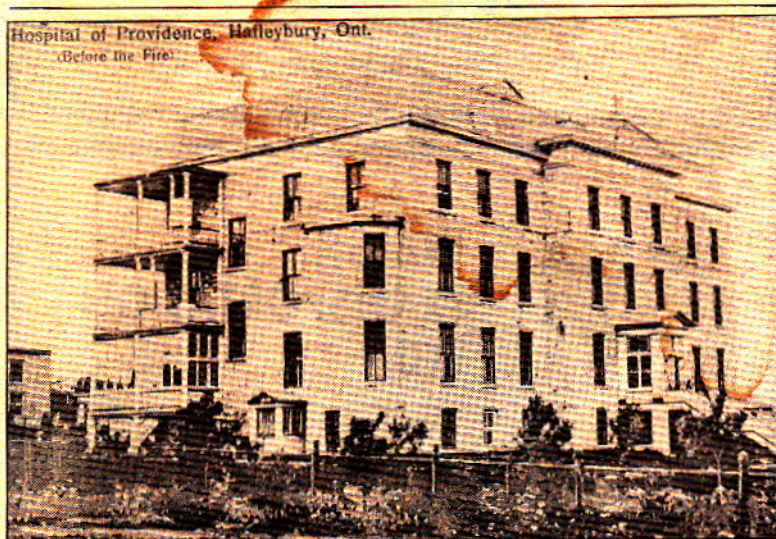
ML

with the living proof of my successful
 treating cancer patients, diagnosed
 by their medical men, who wanted
 me to treat at my clinic in Brucebridge
 where I treated hundreds of patients
 every week. All I asked of the medical
 profession that they would admit
 some benefits of my treatment and
 that it will not be shelved and that
 it would be made available to
 cancer sufferers. I don't think that
 was unreasonable. I just wanted
 to know that cancer sufferers
 would get the benefit of "Essiac"
 Treatment after all of the years of my work.

(2) Home maker magazine people
 had not, decided to investigate
 me, you would still be wondering
 if there ever would be a successful
 treatment for Cancer discovered.

ML

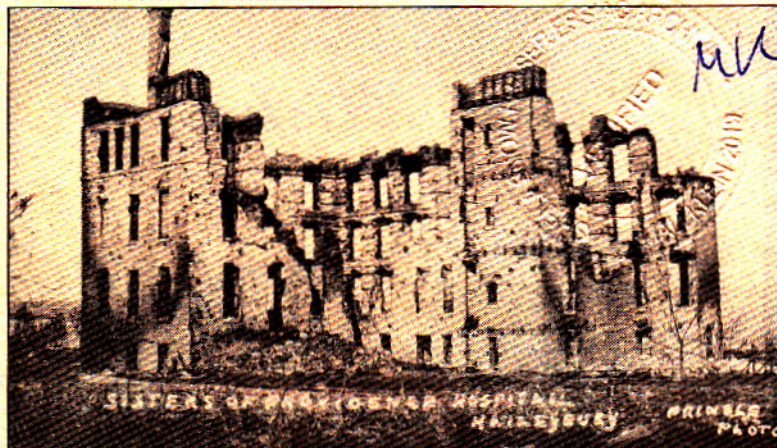
The Americans were more anxious
 to see the results, so they did not ask
 for my formulae, but they asked me to
 treat thirty of their terminal cases
 at their clinic in the North Western
 College, this I accepted and I
 went over once a week and treated
 under the observation of six doctors.
 They saw the value of Essiac
 and offered to provide me with
 a clinic in the Passavant Hospital
 if I would leave my Brucebridge
 Clinic where I was treating hundreds
 of patients. So I had to refuse this
 offer tho' I regretted doing so.



(Photo courtesy of the Haileybury Fire Museum)

The Sisters of Providence hospital burned

After the day of the Great Fire, only a shell remained of the Sisters of Providence Hospital. But by late afternoon of that day, the Sisters of Providence had cleared the hospital of patients, took them to a field south of the hospital, and later to safety. Several of the sisters went to the lake with neighbors. But they found their assistance was needed there as well. When a woman was about to give birth on the shore of the lake, the sisters formed a circular screen around her and delivered her child. Later in the evening, a large home on Lakeshore Road owned by D.L. Jemmett was opened to shelter the homeless and there, another child was born with no doctor in attendance.



(Photo courtesy of the Haileybury Fire Museum)

PROVIDENCE HOSPITAL, HAILEYBURY.

The following summaries show the operations of the Hospital during the official year:

<i>Movements of Patients.</i>		<i>Expenditures.</i>	
Number under treatment, 1st October, 1921.....	30	Butchers' meat.....	\$1,589 17
Admitted.....	825	Butter and eggs.....	866 12
Births in Hospital.....	34	Flour, bread and meal.....	550 00
	<hr/>	Milk.....	1,894 83
Total number under treatment	889	Tea and coffee.....	162 08
Discharged.....	805	Potatoes and other vegetables...	277 63
Died.....	41	Groceries and provisions not enumerated.....	1,878 79
Under treatment, 30th September, 1922.....	43	Drugs, medicines.....	1,811 67
	<hr/>	Medical and surgical appliances and surgical instruments.....	1,289 18
	889	Beer, wine and spirits.....
		Bedding, napery and general house furnishings.....	665 18
<i>Sex.</i>		Brooms, brushes, etc.....	176 57
Male.....	413	Fuel.....	1,682 47
Female.....	476	Electric light, gas, oil, candles...	550 55
	<hr/>	Ice supply.....	165 00
	889	Printing, stationery, etc.....	202 48
<i>Revenue.</i>		Hay and straw.....	90 65
From Government of Ontario....	\$6,475 00	Farm and grounds.....
From Town of Haileybury.....	Salaries and wages.....	4,277 66
From patients for maintenance and treatment.....	28,425 09	Taxes and insurances.....	582 99
From other municipalities.....	844 00	Repairs, ordinary.....	1,249 45
From subscriptions, bequests and donations of private individuals.....	2,115 70	Contingencies.....	1,903 54
From other sources.....	2,293 58	Clothing for patients.....	2,615 63
Income from endowments, etc....	292 70		<hr/>
	<hr/>	Total.....	\$24,481 64
Total.....	\$40,446 07	Government grant for 1922.....	\$6,339 40

Att

SKINNER & SHERMAN CO., INC.
ANALYTICAL & RESEARCH CHEMISTS

227 California Street
Newton 58, Mass.

INVOICE NO. 5957

DATE April 21, 1960

YOUR ORDER NO. _____

SOLD TO

MAILED TO

[Miss Rene M. Caisse
73 Kimberley Avenue
Bracebridge
Ontario
Canada]

Case #3408

To determine alkaloids, barbiturates, or other medicinals present, in sample of Pharmaceutical Preparation "Blood Purifier", on a qualitative or semi-quantitative basis.

RECEIVED PAYMENT
APR 21 1960
SKINNER & SHERMAN CO.

\$ 125.00

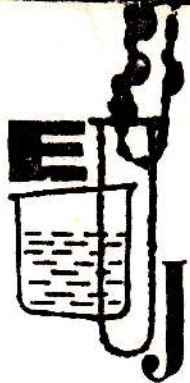
per [Signature]

"ESSIAC"

RENE M. CAISSE
"CANCER CLINIC"

Phones: Office 32
Residence 80





Certificates of Analysis

E & J LABORATORY

General & Specialized Analysis
710 North Birch • Kansas City, Kansas

HARRY P. EVANS
PRESIDENT
DR. EARL D. JOHNSON, F.A.I.C.
CHIEF CHEMIST

Laboratory No.....

Account No.

REPORT:

Received.....from

Reported to.....

Project..... 3 samples for chemical analysis

Quantity..... distilled, pressed, vacuum.

Identification.....

Tested for.....

Spec.

Using Electron Capture
Compounds

Aerograph 1964 5

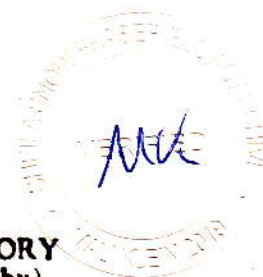
Methyl-Propyl-S2	1	2	3
Allyl isothiocyanate, isomer of	0.165	do	do
Dimethyl-S3	0.190	"	"
C-10 isomer of Aromatic	0.259	"	"
" " " " "	0.299	"	"
" " " " "	0.334	"	"
" " " " "	0.256	"	"
" " " " "	0.408	"	"
Methyl-Propyl S 3	0.431	"	"
" " " " Isomer of	0.461	"	"
" " " " " "	0.518	"	"
" " " " " "	0.622	"	"
C 13 (name Unkown)	0.813	"	"
Diethyl S 3	0.04	"	"
" " " Isomer of	1.27	"	"
C 15 Isomer of (name Unkown)	1.83	"	"
C 16 (Name unkown)	2.39	"	"
" " " " Isomer of	2.82	"	"
2 Phenyl-ethyl-N=C=S Isomer of	3.38	"	"
" " " " " "	4.67	"	"

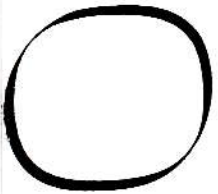
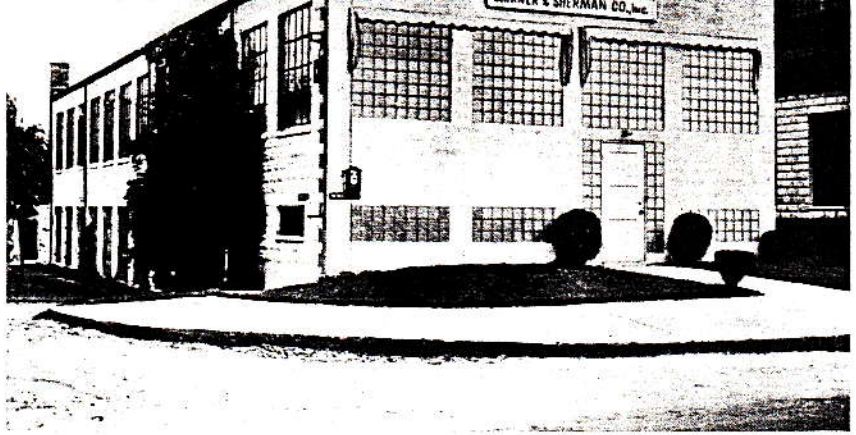
The C 13, C 15, C 16 are more than likely Olifins.

The C 10 are Aromatics.

REMARKS:
Copies:

E & J LABORATORY
(Original Signed by)



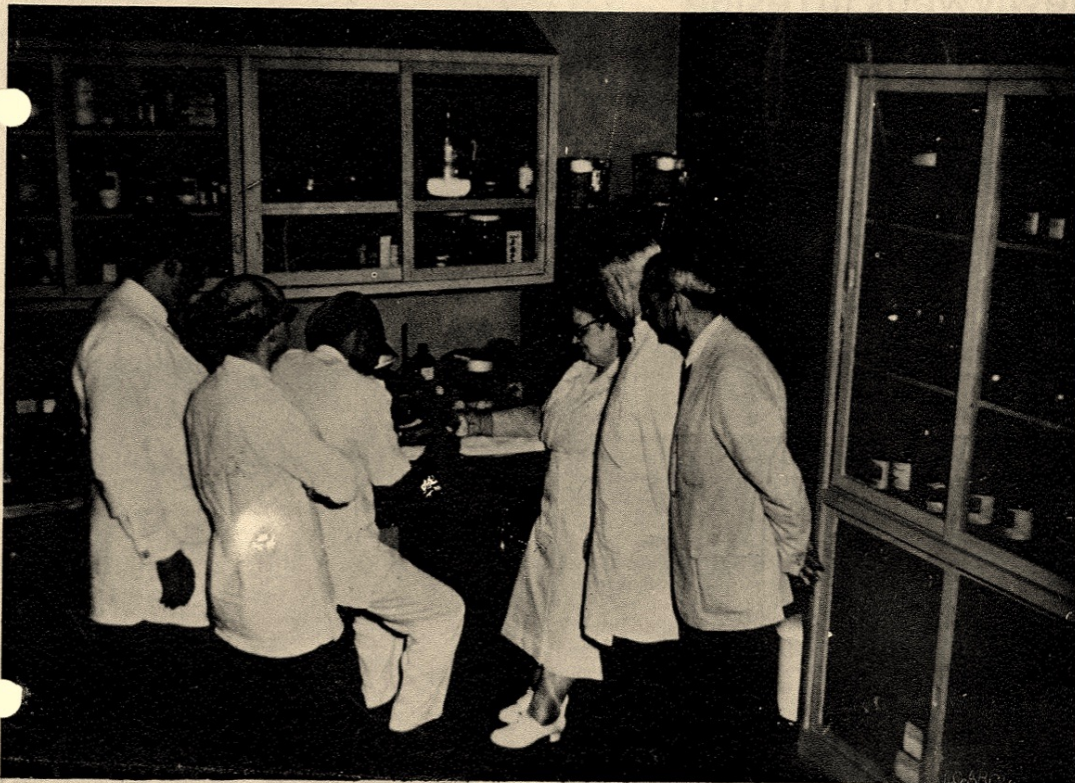


Lukens Laboratories, Inc., and the
Skinner and Sherman Testing Laboratories
welcome your interest and
invite your inquiry.

NEWTON 58, MASSACHUSETTS



227 CALIFORNIA STREET, NEWTON 58, MASSACHUSETTS



PROOF THAT ESSIAC has been subjected to lengthy tests under actual clinical conditions is substantiated by this photograph taken with nurse Rene Casisse and researchers at Brush Medical Clinic in Cambridge, Mass. examining test results on mice. Nurse Caisse spent two and one-half years at the clinic between 1958-60.

Says Nurse Caisse

Ample animal testing with Essiac

By LOU SPECHT
of the News staff

Life has never been quite the same for Bracebridge nurse Rene Caisse since a story about her 50-year-old fight for recognition for her secret formula for cancer treatment was published in *Home-maker's Magazine* in June.

Since then she has been overwhelmed by media representatives, telephone calls, radio interviews and perfect strangers knocking on the door in a desperate attempt to prolong their lives.

Her modest home on Hiram St. once again is filled with flowers from scores of grateful patients whose lives were spared by her treatments.

But the most thrilling moment was that morning in August when she delivered her secret formula to Ontario Lieutenant-Governor Pauline McGibbon, who has promised to hold it "in trust" pending acceptance by the medical profession.

Rene Caisse can produce volumes filled with testimonials from former patients with terminal cancer who are still living today and letters from government officials, medical associations and clinics mostly phrased in reserved tones, or offering conditional test programs on laboratory animals.

One of these was the late Dr. Frederick Banting of the famed Banting Institute, but as Miss Caisse points out he at least had enough interest to offer the facilities. She declined, however, because he ruled she must stop treating humans.

It has been a long fight for Rene Caisse, but at age 89 she is still fighting, and says she is tired of hearing that Essiac has never been clinically tested on animals.

Essiac has been tested on cancer-infected mice and hamsters at the prestigious Sloan-Kettering Cancer Institute in New York City, and she spent two and a-half years at the Brush Medical Clinic in Cambridge, Mass. working with researchers on laboratory animals.

Their conclusion: that treatment with Essiac substantially reduced stubborn cancerous growths, and that Essiac kept cancer patients alive longer than anyone in medical science had ever done before.

Moreover, all the infected mice which

were not treated with Essiac, died.

One of Rene Caisse's patients came to her in 1938 at the age of 45 with medically diagnosed, terminal cancer of the uterus. Today, 39 years later this same woman is alive and healthy in Sudbury at age 84.

In 1939 the Ontario legislature was presented with a petition signed by 55,000 people, asking for the legalization of Rene Caisse's Essiac treatments. Although a subsequent Bill drew support from 59 members it was defeated by only three votes.

About the same time a newly-formed cancer commission examined 18 patients who were under treatment, but they had to admit that only those patients treated with Essiac showed any satisfactory results.

However, the commission hedged the report by claiming there had been errors in diagnosis, tempered only by a rare and hesitant admission of a successful cure, substantiated by their own pathologist.

One of the most prominent cancer researchers in the world visited Rene Caisse in 1937, and stayed for two days. Dr. Richard Leonardo of Rochester, N.Y. was a noted author on cancer research and a skilled surgeon. He made annual trips to Vienna, Austria to study the most recent methods of cancer treatment there.

While he was impressed with Miss Caisse's documentary evidence of her success with Essiac, he predicted at that time it would never be universally accepted. "They won't let you do this to us" he said, and explained that too much money was at stake in cancer research and nation-wide cancer organizations, to allow it to be cut off by her simple herbal remedy.

She has received visits from scores of prominent Canadian cancer specialists who have shown private interest in her work, but publicly they refuse their support.

Dr. Charles Brush of the Brush Medical Clinic recently wrote Miss Caisse for a supply of Essiac for further testing. However, his enthusiasm was short lived, when he received an order to stop the tests from the American Medical Association, claiming Essiac had not been cleared by the U.S. federal drug administration.

A subsequent shipment of Essiac from Miss Caisse was confiscated by U.S.

Customs officials.

"I've had so many slaps over the years, one more doesn't matter" was her comment.

Miss Caisse has been accused of being a selfish old woman who intends to take the formula to her grave. "Not true," she says. "I have never refused to give the formula to the Canadian Cancer Society where the approved tests are conducted, provided I had some assurance they would admit it has merit, and would make it available to suffering humanity and not put it on a shelf."

She says she wants Canada to receive credit for Essiac, and not a foreign country. Then she added: "If it has no value, why are they so concerned if I take it to my grave?"

After the *Homemaker's* story was published, she had to have three extra phones installed and find the people to answer them. People on foot and in cars lined the street in front of her house, and she received telephone calls and letters from cancer clinics all over the world.

She was the subject of telephone radio interviews in Vancouver, Edmonton, Winnipeg and Toronto. Currently she says, two petitions are being circulated in support of her work, eventually directed to Hon. Marc Lalonde the federal minister of health and welfare, and head of the research division of the Canadian Cancer Society.

Best of all Essiac is now being tested at four clinics across Ontario (but she declines to say where they are), and she is kept busy supplying the researchers with the materials they need.

WHY NOT USE ESSIAC ON TERMINAL PATIENTS?*

Essiac is a non-toxic serum made from herbs which are a definite benefit for cancer. Essiac allows terminal patients:

- 1) an ability to sleep with greater comfort
- 2) an increase in appetite
- 3) an increase in weight
- 4) a decrease in tumor size
~~XXXXXXXXXXXXXXXXXXXX~~
- 5) a decrease in pain
- 6) a longer life span in most cases
- 7) no side effects ?

In theory, not yet medically proven, but certainly medically feasible, Essiac performs as follows:

First, a retreat of the cancer cells back to its origin causing an increase in hardness and ^{The} tumor begins to soften. In some cases the tumor may vanish altogether, more realistically, the tumor decreases to a size which can be surgically removed with minimal complications.

Essiac has been used on many terminal cancer patients with notable results for 50 years, in a private clinic founded for Miss Rene Caisse. Miss Caisse has been forbidden for many years to produce this medication in Canada. Could not the reintroduction of Essiac lessen HUMAN SUFFERING, by the allowance of Miss Caisse to produce the serum for terminal patients of their own free will, thus replacing tests on *ANIMALS*

MK
Rene Caisse

ESSIAC TREATMENT

1. Essiac must be kept under refrigeration but not in the freezing compartment.
2. Take ~~2~~ ^{1/2} oz. of Essiac with two oz. of hot water every ~~day~~ day on an empty y stomach, preferably two or three hours after supper before retiring.
3. Do not eat or drink anything for at least one hour after taking Essiac.
4. Do not take any other medicine or treatment while taking Essiac (pain pills occasionally are acceptable)
5. Get plenty of rest . Do not work or take strenuous exercise.
6. Eat a normal diet , things that agree with you.
7. There are no side effects whatsoever while taking Essiac.
8. Continue treatment every ~~day~~ day for thirty-two days then take treatment every three days.



Sept 8th 1977

to whom it may concern
I JOHN FRANCIS McQUAID
Do NOT hold anyone responsible
for any Sickness or Death which
may happen to me, as a result of
any medicine or treatment given to
me by anyone trying to help me
with my Cancer Disease
Sincerely

John F. McQuaid



Ms Sheila Frose

1 9 7 7 R E P O R T O N E S S I A C

A report was submitted in late October to Dr. K. J. R. Wightman, medical director of the Ontario Cancer Treatment Research Foundation, by the two doctors who were clinically testing Essiac on about sixty volunteer terminal cancer patients.

A formula, prepared only by Rene Caisse and still kept a secret, was tested in a limited way. Positive results like those described by patients still alive after being treated with this remedy for cancer in the thirties was not observed in those being treated with Essiac over a three month period prior to the reports.

Recently a contract was drawn up between Rene Caisse and Resperin Corporation Limited. Should Essiac prove to have merit and be marketable as a cancer remedy after a six month period of clinical testing by this organization on one hundred volunteer patients, Miss Caisse will reveal the ingredients of her formula along with its preparation to those in charge of the testing.

For further information, please direct your questions to:

Mr David Fingard or Dr. Phillip B. Rymard,
Resperin Corporation Ltd.,
P.O. Box 40,
Toronto
Ontario. M5J 2K2

Phone: (416) 363-4991

MK

Z. F. ENDRESS, M.D.

R. E. CRUM, M.D.

A. G. FLEURQUIN, M.D.

R. J. KARAKUC, M.D.

N. J. STRICKLAND, M.D.

RADIOLOGY

May 22, 1978

35 S. JOHNSON STREET

PONTIAC, MICHIGAN

48053

Ms. Rene Caisse
Bracebridge, Ontario
Canada

Re: Tina Thomas
16154 Lauder
Detroit, Michigan 48235

Dear Ms. Caisse:

The above female patient, age 26, has papillary cystic adenocarcinoma of the breast.

The patient and her family have heard and read about Essiac and would prefer this method of treatment. I will be most happy to continue as needed.

Sincerely,

Alfred G. Fleurquin, M.D.

Alfred G. Fleurquin, M.D.

AGF/kc

This lady improved very fast but Mrs. refused any further information and refused to see patient.

2177 Avenue Road, #102,
Toronto, Ontario M5M 4B7,
January 15, 1979.

Dr. Ian W. D. Henderson,
Director,
Bureau of Drugs,
Department of Health and Welfare,
Place Vanier - Tower 'B',
355 River Road,
Vanier, Ontario K1A 1B3?

Dear Dr. Henderson:

It has just been brought to my attention through Shirlee Gordon and Ilse Verway that you believe Essiac to contain one hundred or so herbs. This troubles me.

In the three years I worked closely with Rene Caisse, she always said there were only four in the recipe, narrowed down from an original eight in the 1922 formula. I picked up and delivered two of these to her in 1976 - burdock root and prickly ash.

In confidential letters between Dr. Chester Stock of the Sloan-Kettering Institute and Rene Caisse, she revealed that only one herb was in the injectable solution. Dr. Stock made this file of correspondence available to us when we interviewed him in February, 1977.

mk

Now that Rene Chasse is dead, Dr. Stock may be happy to send you xeroxed copies of these letters to help you in your investigation of Essiac. I only have my handwritten ones and am enclosing some pertinent statements from them.

Should Resperin testing fail for some reason or other, I would hate to see research on Essiac discarded forever because it definitely cleared up tumors of the rectum, colon, and breast whether they were malignant or not, plus many other systemic disorders.

What concerned me in 1977 when medical testing seem to fail on terminal cancer patients was the questionable supply of dried herbs. Rene relied on importers and the herbs are never dated. They lose their medicinal power in a year or two. In the old days Rene picked and prepared her own herbs from Ontario soil rich in minerals. Dr. Stock admits that the activity of plant materials can vary from place to place, country to country.

I have been most pleased with the way you have handled the situation up until now and hope this information is of some help to you in the future.

Yours most sincerely,

Sheila Fraser

ML



Health and Welfare
Canada

Santé et Bien-être social
Canada

Health Protection
Branch

Direction générale de la
protection de la santé

Place Vanier,
Tower "B",
355 River Road,
VANIER, Ontario.
K1A 1B8

January 26, 1979

Ms. Sheila Fraser,
2177 Avenue Road #102,
TORONTO, Ontario.
M5M 4B7

Your file Votre référence

Our file Notre référence

Dear Ms. Fraser:

This will acknowledge receipt of your letter of
January 15, 1979, concerning the composition of Essiac.

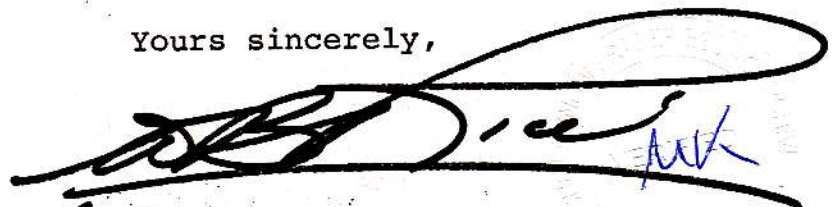
I have no recollection of telling Shirlee Gordon that
Essiac contained about 100 herbs. It is possible that there
was some misunderstanding about a comment that I may have
made regarding herbs in general, and the very large number
of chemicals that result from infusing (boiling) plant
products and mixing them together.

Rene Caisse did not provide any information about the
formulation of Essiac to the Health Protection Branch.
However, the Resperin Corporation Ltd. was able to obtain a
recipe for Essiac from Rene Caisse, and then filed a Pre-
clinical New Drug Submission with the Health Protection
Branch in order to initiate a clinical trial in cancer
patients. The Resperin Corporation Ltd. has specifically
requested that all data contained in their submission be
held in strictest confidence, and consequently I am unable
to make any comment whatsoever about the composition of
their product.

You may be interested to know that we were in touch
with Dr. Stock about one year ago concerning his experience
with Essiac. Thank you for your suggestion that Dr. Stock
may be willing to tell us more about the results he obtained
with the injectable form of Essiac.

Your kind interest in sending me your comments is very
much appreciated.

Yours sincerely,


for Ian W.D. Henderson, M.D.,
Director,
Bureau of Drugs.



The Hospital for Sick Children
Suite 1502, 555 University Ave.
Toronto, Ontario M5G 1X8
Canada - (416) 597-0808
(416) 598-6425

University of Toronto
Faculty of Medicine
Toronto, Canada



Bruce Hendrick, M.D., B.S.(MED.), F.R.C.S.(C)
CHIEF OF NEUROSURGERY

PROFESSOR OF SURGERY
DIVISION OF NEUROSURGERY

October 5, 1983

Mme. Monique Begin
Minister of Health & Welfare
House of Commons
Parliament Building
Ottawa, Ontario
K1A 0A1

Dear Mme. Begin:

I am writing this letter in support of a scientific clinical trial of the cancer treatment with the compound known as "Essiac"

At the present time, at the Hospital for Sick Children, there are some 10 patients with surgically treated tumors of the central nervous system who have escaped from conventional methods of therapy including both radiation and chemotherapy.

The patients who were started on Essiac have at the present time a limited followup period to reach definite conclusions. However, in 8 of the 10 patients, there has been significant improvement in their neurological state. For further confirmation of the effectiveness of this treatment we'll wait on CAT scans and subsequent investigation.

I am however most impressed with the effectiveness of the treatment and its lack of side effects.

I feel that this method of treatment should be given serious consideration and would benefit from a scientific clinical trial.

Yours sincerely,

E. Bruce Hendrick, M.D., F.R.C.S. (C)
Chief, Division of Neurosurgery

EBH/em

MA

Feb. 7, 1989.

ISSUES

Bracebridge
Public Library

ESSIAC

6 on list

Essiac -- an ineffective cancer treatment

Introduction:

Cancer is a leading cause of death in Canada, and each year millions of dollars are devoted to the search for a cure. Treatments such as surgery, radio-therapy and chemotherapy are widely recognized as being effective in many cases. There are many other 'treatments' for which evidence of success is lacking. One of these is Essiac.

Essiac is a tea made from Indian rhubarb, Sheepshead sorrel, Slippery elm and Burdock root. For more than 60 years, it has been promoted as a cure for cancer (primarily in Ontario and British Columbia). Several investigations of the drug¹ however have indicated that Essiac has no demonstrable effect on cancer tumors.

Origins of Essiac:

The herbal tea is believed to be originally made by Indians in northern Ontario. Around the turn of the century, the recipe was offered to a non-Indian woman suffering from breast cancer. Faced with the choice of surgery or the traditional native remedy, the woman took the herbal tea. Her cancer is said to have disappeared. Later, in 1922, this woman is said to have passed the recipe along to Renée Caisse, a public health nurse working in Haileybury, Ontario.

¹ Under the Food and Drugs Act and Regulations, a drug is classified as -- any substance or mixture of substances which claims to cure, prevent or help treat an illness.

This classification applies whether the substance is a food, a mineral, a cosmetic or any other natural substance. Any claim must be proven under the strict control of the Food and Drugs Act.

mk



Several years later, Caisse ('Essiac' is 'Caisse' spelled backwards) used the tea to treat a relative who had been diagnosed as terminally ill with cancer. After two months of treatments, the relative recovered and Caisse was encouraged to make Essiac and administer it to cancer patients. At one time, she operated a busy clinic in Bracebridge, Ontario where she regularly provided hundreds of patients with the tea.

For the most part, medical authorities did not interfere with Caisse's activities since the Essiac was administered at no charge and only to people for whom all other treatments had failed. At the same time however, authorities refused to permit Essiac to be licensed and made widely available -- because there was no clinical evidence that the tea was an effective treatment for cancer and because Caisse refused to reveal the recipe for the mixture claiming it to be 'secret'.

Lack of clinical evidence

Before her death, Renée Caisse did give the recipe to the Resperin Corporation. In 1978, Resperin submitted a Preclinical New Drug Submission² on Essiac to Health and Welfare Canada.

Based on this submission, the department permitted the investigation of Essiac in cancer patients at the Princess Margaret Hospital and the Toronto General Hospital. However the study was never done as neither of the two centres were willing to treat their cancer patients with Essiac alone. Instead, a decision was made by the department to allow family practitioners to supervise Essiac treatment for terminal cancer patients.

In 1982, 112 physicians who had received Essiac under these circumstances, were asked to submit case reports. Seventy-four responded on 87 cancer patients. Of these, 78 showed no benefit. Investigation of the nine remaining cases revealed that the cancer was progressing (four cases), the patient had died (two cases) or that the disease had stabilized (three cases). Of this last group, all the patients had previously undergone some form of cancer treatment which could have stabilized the disease.

From the data collected, it was concluded that Essiac did not alter the progress of cancer and the Preclinical New Drug Submission was subsequently revoked. The department's findings were verified in 1983 when the National Cancer Institute in Bethesda, Maryland, tested Essiac and found that the drug showed no anti-tumor activity.

² A Preclinical New Drug Submission permits clinical trials of drugs in humans.

MEX

Conclusion:

No clinical evidence exists to support claims that Essiac is an effective treatment for cancer. For this reason, Health and Welfare Canada does not permit it to be marketed as a drug.

At the same time, it is acknowledged that Essiac is not harmful to a person's health providing it is not substituted for proven forms of cancer therapy. In fact, there may be positive psychological effects for some cancer patients. In recognition of this, Health and Welfare Canada has historically authorized emergency releases of Essiac on compassionate grounds.

- 30 -

February 7, 1989

Essiac, an ineffective cancer treatment is one of Health Protection Branch Issues produced by the Health Protection Branch of Health and Welfare Canada for the public, media and special interest groups interested in health protection in Canada.

Aussi disponible en français

with the
compliments ofavec les
hommages de

STÉPHANIE L. CHARRON

Educational Services
ConsultantServices éducatifs
ConseillèreHealth Protection
BranchDirection générale
de la protection
de la santéHealth and Welfare
CanadaSanté et Bien-être social
Canada

(416) 973-1447

Fax (416) 291-1434

Box 396, Port Carling,
Ontario P0B 1J0, Canada,
September 4, 1989.

Dear Howard:

Please excuse the time lapse since your July letter to us. It has been a very hectic summer season and a two-month severe drought didn't help the situation. However, life is now returning to normal.

It must be exciting to see your sorrel growing so prolifically these days, and rewarding. We're glad to hear that you were able to gather some Essiac history from the Ontario archives. And perhaps Dr. Glum would be willing to supply you with some missing pieces of its puzzle now that he seems to have carried out his mission.

He was in Bracebridge for three days in early August and gave a talk before the Rotary Club at a luncheon Friday noon, August 4th; a second at an open public gathering in the town council chamber at 5 p.m. that day; signing books in a local book store from noon until 3 p.m. Saturday; and finally giving a brief talk at the library shortly after 3 pm, before driving to Toronto to catch an evening plane back to Los Angeles.

He phoned Mary McPherson a few days later to say that he was going to make a new videotape demonstrating exactly how to prepare and cook Essiac - because people were still confused about how to do it. Anyone owning the first video can, return it to Dr Glum, and he in turn will send in its place the new one. We plan to do this, and are sure that you will want to, too.

You may already know by now that David Fingard died in late July. Apparently, there is as yet no decision

on how the Resperin Company will proceed about Essiac,
but because Dr. Wilson promised to keep Mary informed.

As for the ingredients in the Essiac remedy, Mary feels that it is important to stick with just the four herbs that Rene Caisse wrote out for Resperin so that Dr. Glum's instructions coordinate too. The Resperin formula was beneficial both for your mother and other cancer patients so the general public will be happy with that information once they clearly understand how to make the recipe correctly.

Dr. Gaulin's court case is to be wound up in the last week of this month, beginning on the 25th in Hull, just across the river from Ottawa. He is only allowed to prove that Essiac is a food, not a drug. No patients will be permitted to testify.

Several people are now making Essiac in the Brace-bridge area as well as picking sorrel, some burdock roots and, in some instances, some slippery elm inner bark because the powdered slippery elm on the market is often questionable as to quality.

That seems to be all the news at my end on this subject and I am enclosing news articles from the local newspapers for your collection. Keep well and keep up your enthusiasm.

Best regards to you and your wife.

Sheila (and Mike).

ML

Mary

2

July 31/94

spoon, in the refrigerator for a few hours, and then press what liquid was left into a container. She apparently never used the sediment itself. She was shocked at the dosage (excuse the skipping; this typewriter is temperamental); Rene didn't use two ounces - according to Mary - and never suggested two or three times a day. Eight ounces a day horrified Mary.

Rene

I remember Dr. Pierre telling patients that the sediment in EASY-AC was the 'elixir' of the decoction. I also remember great confusion in 1977 as Dr. Walde and Dr. Barker experimented with varied doses on patients, and Rene did too in at least one instance. As for Respirin, the same thing occurred as well as the Essiac tasting different on various occasions. When Dr. Dymond began making it at the end of 1978 after Rene died, he used the scale weight and patients were terrified at the strong taste after becoming used to Rene's. Respirin puts Essiac out in plastic bottles and we have tasted some samples which tasted burned and had an oil-plastic taste. Terminal patients refused to drink the stuff and came to Mary for help.

Rene always suggested that if any patient was having some kind of reaction, to stop taking Essiac for a day or two and then resume again. She believed, as we do, that toxins could be trying to leave the body too quickly. That's why she worried when doctors gave stronger doses and more than once a day.

There is still so much to be investigated. What are the specific powers in sheep sorrel? Is too much oxalic acid, when boiled, dangerous to ingest? Burdock and rhubarb also contain this. What is the synergy that makes the specific herbs work so effectively together? I am compiling all the information that I have gathered about each herb Rene used. That's my winter's project after fifteen years of collecting data and some practical application of same. It is a fascinating study.

Mick

IN THE MATTER OF THE LATE RENE CAISSE

AND IN THE MATTER OF THE HERBAL REMEDY
KNOWN AS "ESSIAC"

I, Mary McPherson of the Town of Bracebridge in the District Municipality of Muskoka, MAKE OATH AND SAY AS FOLLOWS:

1. I am presently 80 years of age. I have lived in Bracebridge area for most of my adult life.
2. I was well acquainted with the late Rene Caisse over the years from 1935 to 1978 during which time I assisted her.
3. I was fully aware that she made the decoction known as "Essiac" when she carried on her clinic at the Town of Bracebridge in the District Municipality of Muskoka, at 6 Dominion Street, Bracebridge, Ontario and at other locations in and about the Town of Bracebridge.
4. During the later years of the late Rene Caisse, I was responsible for the preparation of the herbal tea known as "Essiac", always under the supervision of the late Rene Caisse.
5. I confirm that the attached formula, set out in my own handwriting, and attached hereto as exhibit "A" to this my affidavit, accurately sets out the formula and the method of preparation which must be adhered to exactly as written for the herbal remedy known as "Essiac".
6. This affidavit is made in good faith and not for any improper purpose.

SWORN before me at the Town)

of Bracebridge in the District)

Municipality of Muskoka)

this ²³ day of December, 1994)

N. B. Beale
A Commissioner etc.

Mary McPherson
MARY McPHERSON



6 1/2 cups of burdock root (cut)
1 pound of sheep sorrel herb (cut) and ground in blender
1/4 pound of slippery elm bark (powdered)
1 ounce of turkish rhubarb root (powdered)
mix all together thoroughly and store in a glass jar in
a dry cupboard.

take a measuring cup use 1 ounce of herb mixture to
32 ounces of water.

I use 1 cup of mixture 8 ounces to 8 x 32 ounces of water
boil hard for 10 minutes then turn off heat but leave
sitting on the warm plate, keep cover on the pot.
leave sitting over night.

In the morning heat steaming hot and let settle a
few minutes, then strain into hot sterilized bottles
cap while hot and sit to cool. Store in a dark
cupboard. must be refrigerated when opened.

when near the last where herbs are too thick put
in a large jar and sit in the frig. over night, then
pour off all you can without too much sediment and
use.

I use a granite preserving kettle (10 or 12 qts)

8 oz. measuring cups

small funnel and strainer to fill bottles

MK

R.M.C. Salve

$\frac{3}{4}$ lbs. of lamb fat
1 oz. balsam of peru
4 ounces castor oil
4 ounces glycerine
1 tablespoon slippery elm bark
1 tablespoon burdock root
powdered.

method:

put balsam of peru in bottle and pour in 4 ounces castor oil, let stand one week then pour off and mix with melted lamb fat add all remaining ingredients ^{beat} in oven or double boiler for 2 hours ^{strain} then beat at intervals while cooling. until thick and creamy. pour in small jars.

excellent for burns, abrasions or any skin irritation
Rene used for radium burns.

(balsam may ^{be} used again in same procedure.)

R.M.C. Solution

used for cleansing wounds, enema, douche etc. will also stop bleeding.

1 ounce sheep sorrel
1 ounce blood root
32 ounces water

Boil to-gether 10 minutes let stand till cool, strain and bottle. use 2 tablespoons to a cup of warm water.

Will kill odours and heal.

Rene used this on ulcers from varicose veins many times. I have used it as douche and its great.

This solution is very effective for skin cancer. dilute 2 tbs. to 10. water and bathe affected area. do not wipe just leave to dry. repeat 3 or 4 times a day.

douche or enema use 2 tbs. to a pint of warm water.

ESSIAC FORMULA

Purchase herbs directly from Dr. Gary L. Glum. All herbs are medicinal grade, all Sheep Sorrel is wildcrafted by Dr. Glum. Send orders to Dr. Gary L. Glum - P.O. Box 80098 - Los Angeles, CA, 90080 - Ph: (310) 271-9931.

CAUTION: Do Not purchase herbs from herb companies - most of the herbs are imported, non-medicinal grade, and not harvested properly. The USDA quarantines all imported herbs - FDA inspectors, under the guise of sterilization (ie: elimination of *Salmonella* or *E. Coli* Bacteria), use ionizing radiation and ethylene oxide gas to poison them.

❖ SUPPLIES NEEDED

- 4 gallon stainless steel pot, with lid
- 3 gallon stainless steel pot, with lid
- Stainless steel fine-mesh double strainer
- Stainless steel funnel
- Stainless steel spatula
- 12 or more 16-oz. sterilized *amber* glass bottles with airtight caps (not child proof)
- Measuring cup
- Kitchen scale with ounce measurements

❖ DRY INGREDIENTS - (Essiac Herbs)

- 6 1/2 cups Burdock Root - cut (*Arctium lappa*)
- 16 oz. Sheep Sorrel Herb - powdered (*Rumex Acetosella*)
- 1 oz. Turkey Rhubarb Root - powdered (*Rheum Palmatum*)
- 4 oz. Slippery Elm Bark - powdered (*Ulmus Fulva*)

❖ WET INGREDIENTS

- 2 gallons of sodium-free distilled water

❖ PREPARATION

1. Mix dry ingredients thoroughly. (Place herbal contents in plastic bag and shake vigorously.)
2. Bring sodium-free distilled water to a rolling boil in 4-gallon pot with lid on. (Approximately 30 minutes at sea level.)
3. Stir in 1 cup of dry ingredients (store remainder of herbs in a cool dark place - Herbs are light sensitive). Replace lid and continue boiling for 10 minutes.
4. Turn off stove. Scrape down sides of pot with spatula and stir mixture thoroughly - replace lid.
5. Allow pot to remain closed for 12 hours; then turn stove to highest setting and heat to almost boil, approximately 20 minutes. (*Do not let mixture boil!*)
6. Turn off stove. Strain liquid into 3-gallon pot. Clean 4-gallon pot and strainer. Then strain filtered liquid back into 4-gallon pot.
7. Use funnel to pour hot liquid into sterilized bottles immediately, taking care to tighten caps. Allow bottles to cool; then tighten caps again.
8. Refrigerate. Essiac contains no preservative agents. *If mold should develop in bottle, discard immediately.*

CAUTION: All bottles and caps must be sterilized after use if you plan to re-use them for Essiac. Bottle caps must be washed and rinsed thoroughly, and may be cleaned with a 3% solution of *food grade* hydrogen peroxide in water. To make 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 1/2 teaspoon of Clorox to 1 gallon of distilled water.)

❖ DIRECTIONS FOR USE - AS A PREVENTIVE

- Shake bottle of Essiac.
- Take 4 tablespoons (2 ounces) of Essiac - Taken cold from the bottle or heated.
- Take at bedtime on an empty stomach, at least 2 hours after eating.
- Do not microwave.

❖ DIRECTIONS FOR USE - CANCER AND AIDS PATIENTS

- Take 4 tablespoons (2 ounces) of Essiac *twice* per day.
- In the morning you can eat 5 minutes *after* taking the Essiac; at bedtime on an empty stomach, at least 2 hours after eating. *mk*

NOTE: If you have Stomach Cancer - Essiac *must* be diluted with an equal amount of sodium-free distilled water.

Use in 1st part before
recipe itself

Feb 26/92

DOSAGE

1 OZ. IN 2 OZ. OF BOILING WATER TAKEN ON AN EMPTY STOMACH AT BEDTIME.
AT LEAST 2 HOURS AFTER EATING.

PREVENTATIVE

FIRST WEEK REGULAR DOSAGE (1 OZ. TO 2 OZ. BOILING WATER).
SECOND WEEK 1/2 OZ TO 2 OZ. BOILING WATER TAKEN DAILY
THIRD WEEK AND AFTER 1/2 OZ TO 2 OZ. BOILING WATER TWICE A WEEK.

PROCEDURE IF YOU PICK YOUR OWN HERBS

BURDOCK

MUST BE FIRST YEAR ROOT (NO BURRS). HARVEST IN MID OCTOBER. CUT INTO PEASIZED PIECES THEN DRY. ROOT SHOULD BE FIRM NOT POROUS.

GREEN SHEEP SORREL

AFTER PICKING DO NOT WASH THE LEAVES OR THE ROOTS.. CLEAN ROOTS WITH A BRUSH AND CUT OFF BAD OR DISCOLOURED LEAVES WITH CUTICLE SCISSORS. SPREAD OUT IN SINGLE LAYER ON PAPER TO DRY OR TIE IN TINY BUNCHES AND HANG. THE HERB MUST BE VERY, VERY DRY OR IT WILL MOULD. POWDER THE HERB IN A COFFEE GRINDER ONCE IT IS THOROUGHLY DRY. DO NOT DRY IN DIRECT SUNLIGHT. MAY USE ENTIRE PLANT INCLUDING FLOWER IF SHEEP SORREL.

TURKISH RHUBARB ROOT, POWDERED

PURCHASE IN AN HERB STORE OR HEALTH FOOD STORE.

SLIPPERY ELM BARK, POWDERED

PURCHASE IN AN HERB STORE OR HEALTH FOOD STORE.

MLK

SHEILA'S METHOD OF STERILIZING BOTTLES:

PUT 1" OF WATER INTO A SHALLOW, LARGE PYREX OR METAL PAN AND PUT INTO A 300 DEGREE OVEN. PUT 3/4" WATER INTO EACH MASON JAR AND LET THEM STAND IN THE PAN IN THE OVEN. LEAVE IN THE OVEN FOR 30 MINUTES WHILE THE CLEAR DECOCTION IS BEING HEATED UP UNTIL JUST TO THE STEAMING POINT.

USE A STERILIZED PYREX MEASURING CUP TO POUR THE FIRST PART OF THE LIQUID INTO ONE HEATED BOTTLE AT A TIME. AS THE POT BECOMES LIGHTER, JUST POUR FROM THE POT ITSELF INTO THE BOTTLES. THE FLAT LIDS OF THE MASON JARS CAN ALSO BE STERILIZED IN THE OVEN PAN AND LIFTED OUT WITH TONGS. THE RIMS CAN BE BOILED IN A PAN ON THE STOVE.

THE STEAMING HOT LIQUID IS Poured THROUGH A STERILIZED STAINLESS STEEL STRAINER INTO THE STEAMING HOT BOTTLES. THEN TIGHTEN THE CAPS. RETIGHTEN THE CAPS LATER WHEN JARS HAVE COOLED. YOU SHOULD HEAR POPPING SOUNDS AS THE CAPS SEAL.

*I USE MASON JARS BECAUSE THE BROWN MEDICINE BOTTLES TEND TO BE FRAGILE AND OFTEN CRACK WHEN HEATED. THE PLASTIC CAPS HAVE INSIDE LINERS WHICH DETERIORATE AFTER BEING USED THE FIRST TIME, SO LEAKING COULD OCCUR. I PREFER TO STORE UNOPENED JARS IN THE ORIGINAL CARDBOARD BOX (WITH DIVIDERS) THAT THE BOTTLES CAME IN SO THAT THEY ARE IN A DARK PLACE. ONCE OPENED, STORE IN FRIDGE.

AKK

1990s

ESSIAC

KEN VEITCH
645-5396

97 Glendale Road, Bracebridge P0B1C0

He apparently has a source of Essiac -
a 16 oz. bottle is about \$35.00

He may also have a source of Easy-Ac,
which is the same Essiac formula but
the supplier is not permitted to use
the name "ESSIAC" (Respirin Corporation
owns the name.)

JIM WRIGHT
645-8239

5 Wildwood Court, Bracebridge P0B1C0

He supplies Essiac; it may cost \$40.00
as it did last winter (16 oz.) or \$25.00
as it did last summer.

GILBERT BLONDIN 122 Bourque, Hull, Quebec J8Y 1X
819-771-0636

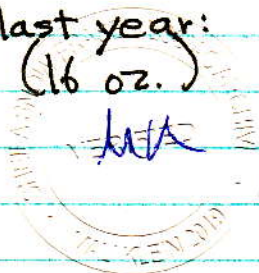
Gilbert makes & supplies EASY-A
and has the original Essiac recipe.
He will ship it to you. It used to cost
\$35.00; it may be higher now. Plus
shipping (16 oz.)

Dr. Hugh Wilson
705-326-7811

32 Esther Drive, Orillia

He makes & supplies Essiac (head
of Respirin now). May require a
doctor's written request because
he wants documented records to
present to the Canadian government.

Cost last year:
\$20.00 (16 oz.)



He uses plastic bottles (which have
been known to leach & affect the pro-
duct) & also may supply the powdered
material for you to prepare!

Shelia copy of letter
I had my back.
I met Dr Fingard.

Dr. H. D. Wilson, 32 Esther Anne Drive, Orillia. L3V 3G9 ⁷⁰⁵ 205 326 7811

Rules to get permission to treat a cancer patient with Essiac - ARE
1. The family physician or any physician who knows the cancer patient
and their diagnosis and physical condition can write to Dr. Ian
Henderson, 355 River Road, Vanier, Ont. K1A 1B8. The physician
gives a brief summary of the patient's history and requests
permission to treat his patient on an "EMERGENCY BASIS".

If granted the physician will receive notification that the patient
can obtain Essiac. A copy of this letter is also sent to Dr. Mathew
Dymond, Port Perry, Ont L0B 1N0 phone no. 1-416-985-2363. He makes
Essiac and will ship it via courier to the patient's home. The
patient phones Dr Dymond and requests that 4 or 8 bottles be sent
to the patient's home. The cost per 16 oz bottle is \$10.00 plus
the courier's fee. Shipping boxes hold 4 bottles. Make doubly sure
that you keep the courier's receipt.

Essiac causes the cancer to die. Depending on
cancer site the waste products from the dead cancer will be partly
or all be transported to the kidneys for removal. THEREFORE it is
imperative that KIDNEY FUNCTION TESTS be done before Essiac is
started and repeated as required. Too fast a break down of the
cancer might cause UREMIA. Rene Caisse said this could happen.
One patient with a kidney tumor had a bun of 150 (old scale)
before treatment. She died before treatment could be started.

BUN = blood
urea nitrogen

Keep Essiac in the refrigerator on the door
as it freezes quicker than water. The dose has varied from $\frac{1}{2}$
oz. daily in cancer of the Urinary bladder where hemorrhage is
almost certain to happen to 6 oz per day in $\frac{1}{2}$ a cup of water at
hs. For Mr. Fingard age 84 who was "loaded with cancer" he was given
3 oz in water am & pm. He was sick last summer. He lost 60 lbs.
He made a complete recovery in about 8 mos. Shortly after he
recovered he flew to Peking China non stop with out any ill affects....
Brain cancers have made a spectacular recovery. Small doses are
recommended and if complications arise - increase in head ache a
brain surgeon should be consulted stat for monitoring. Research is
being done at Hosp. for Sick Children Toronto by Dr. Bruce Hebdrick.
Before Essiac the mortality rate was almost 100%. Now the success
rate is 90%. He will publish his results at the end of 5 Years.

The Royal British Medical Society states that
cancer begins in the colon due to constipation due to eating the wrong
foods especially meats. Many foods are poisoned in processing etc..
Insufficient minerals, enzymes, vitamins and varieties of foods
together with poisonous additives, plant sprays and impure air
make survival difficult. If minerals are not eaten then the liver
can not make enzymes to carry on digestion.

A POTENT FOOD powder is grown by Mr. F. Symons,
Rocanville Sask. SOA 3L0 on soil that has never been polluted with
poisons. It is called Supermix and consists of --alfalfa, buckwheat,
wheat germ, barley, egg shells, thorn apples and sunflowers. COST is
\$450 per pound delivered. Two pounds are the cheapest for him to ship.
Take 1-3 tbs 3 or 4 times a day. He has been making it for 50 years.

MLK

FEBRUARY 23rd (Cont'd): Gerry Hanswille told me he used periwinkle as part of his cancer therapy and Dr. Bruschi later told me that he believed that this herb was in the original Indian recipe containing eight herbs, and possibly in the Essiac recipe, although it was not the major tumour-inhibiting herb. (Later, Rene verbally acknowledged that vinca ^{major} ~~minor~~ (periwinkle) had been in the original remedy and it used to grow on Caisse Island years ago, but it had been eliminated along with three other herbs of the original eight. Gerry came with his family to visit us in 1976 and to see how this plant was growing so prolifically on our property. He told me that the better (and stronger) a plant grows (thrives), the more it crowds everything else out, and the more powerful its medicinal properties are.

ML

Essiac recipe depends on using the right plants

by Ted Britton

Mary McPherson, of Bracebridge, who was a friend and colleague of Essiac nurse Rene Caisse for over 40 years wants to make sure that the public knows that the true Essiac recipe depends upon using the right plants.

"I want people to know exactly what Rene's Essiac is like," Mary said this week, "because there is a lot of misleading information and questionable things going on with respect to Essiac."

Mary **knows** true Essiac is a cure for cancer. She first met Rene Caisse in 1935 when Mary's mother, Sarah Tibbel, was suffering from cancer. Sarah received Essiac treatment at Rene's clinic in the British Lion Hotel (now the offices of Lee, Roche and Kelly).

The treatment worked and Sarah Tibbel, a resident of Raymond, lived a healthy, happy life. She died of old age (86 years) in 1965.

"Mother and I worked hard on the petition to get the government to licence Rene's treatment," Mary recalls, "but it never happened and the Ontario government closed the clinic down in 1942."

Nevertheless Mary worked with Rene and helped her prepare Essiac. In 1945 Mary's own husband, Clifford, was stricken with cancer. Rene's Essiac treatment cured him and he only passed away last year at the age of 81 -- 36 years after being cured of cancer.

Although Mary worked with Rene for over 20 years, helping her prepare Essiac, she never knew the recipe's ingredients until after Rene's death in 1978.

"Rene always told me that there was an envelope with my name on it in a dresser drawer in her house on Hiram Street," Mary remembers, "and I was to have it once she passed away. The envelope contained the recipe for Rene's cancer cure."

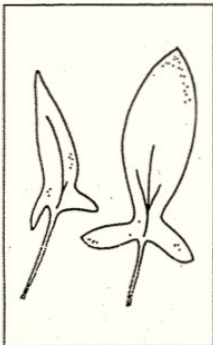
Copies of the recipe are now available from the Bracebridge Library and it is printed in its entirety at the end of this article.

"What troubles me," says Mary, "is that people think they are getting Essiac when they may not be. For example, I have seen a fine powder called Essiac. In fact, true Essiac is full of burdock root chunks."

Here are some important factors about the **four** ingredients in Essiac:

(i) **Sheep Sorrel:** This herb is **not** readily available commercially. Its distribution was restricted after Rene's death. This plant is common in Muskoka and harvesting it yourself will ensure you have the right ingredient. Here is a picture of Sheep Sorrel as shown in Sheila Snow's "The Essence of Essiac."

The bitter taste will assure you that it is Sheep Sorrel.



MARY McPHERSON, who worked with Rene Caisse in the preparation of her cancer cure Essiac, is pictured above with a small pot of Sheep Sorrel, one of the main ingredients in Essiac.

(ii) **Burdock:** This is regarded by most of us as a nuisance --- especially the prickly seed cases in the fall, which we call burrs. The root must be harvested in October and it must be from the first-year plant (there should be no centre stock.) The roots look like carrots and can be cut in slices to dry --- then pulverized in a blender. The dried product has a sweet taste.

(iii) **Slippery Elm Bark:** This herb is available at any reputable health food store and it must be a light brown powder. It tastes much like flour.

(iv) **Turkish Rhubarb Root:** This product may be purchased in health food stores, as a powder, or in root form. The plants are native to China and Tibet. Our native rhubarb may be substituted, but the plant must be at least three years old.

Of the four herbs, Mary is most concerned about the availability of **real** Sheep Sorrel. "I have seen products called Sheep sorrel," she says, "but it clearly is **not** what we know as Sheep Sorrel."

Below is Rene Caisse's recipe as transmitted to her friend and colleague, Mary McPherson:

ESSIAC

6 1/2 cups of burdock root (cut)

1 pound of sheep sorrel herb (powdered)

1/4 pound of slippery elm bark (powdered)

1 ounce of turkish rhubarb root powdered

Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.

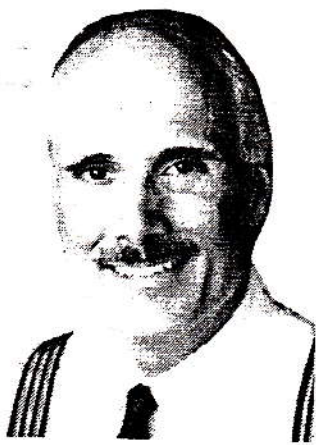
Take a measuring cup. Use 1 ounce of herb mixture to 32 ounces of water depending on the amount you want to make.

I use 1 cup of mixture to (8 x 32) 256 ounces of water. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate overnight (covered).

In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into hot sterilized bottles and sit to cool. Store in dark cool cupboard. Must be refrigerated when opened. When near the last when it's thick, pour in a large jar and sit in fridge overnight, then pour off all you can without sediment.

This recipe **must** be followed **exactly** as written. I use a granite preserving kettle (10 - 12 quarts), 8 oz. measuring cup, small funnel and fine strainer to fill bottles.

ML



DR. WILLIAM CARBARY
CHIROPRACTIC PHYSICIAN

ADVANCED HEALTH NEWS

HEALTH NEWS FOR THE THIRD FIFTY
Vol. 2 No. 2

NOTE: All references to the Ojibwa Nation are Allegations, not proof. There were six Nations living

In the late 1800's an Ojibwa Native American in Northern Ontario medicine man gave an herbal formula to a woman with breast cancer... at the end of the 19th century. Marie Klein

INSIDE

- Personal Comments from Dr. Carbary 1
- A Conversation with Mary..... 1
- Finger pointing, rumors, and concerns 4
- If You haven't yet tried a massage from Peggy, you are missing a great experience 4



TO BE ON THE MAILING LIST FOR THIS NEWSLETTER CALL (501) 663-2600

ADVANCED HEALTH CLINIC IS LOCATED AT 123 N. VAN BUREN (HILLCREST AREA) LITTLE ROCK, AR

COPYRIGHT 1996
ADVANCED HEALTH

Personal Comments from Dr. Carbary

I am a real person who lives in a real, accessible place and is available to talk to those who may want to confirm this. Now, this may seem like a strange thing to point out, but I have read about a lot of things that are contrary to the traditional and mainstream and often, in the past, I have considered the author too far removed from me personally for it to have much impact on me or to cause any alteration in the overwhelming dominance of prevailing points of view. Yet I know that a prevailing point of view does not make the world flat. So, when I first read about Rene Caisse and her cancer therapy, *Essiac tea*, in the book OPTIONS by Richard Walters, I choose not to put it aside and go on without allowing any significant impact. I knew that if this was true, that people were being denied a wonderful valuable benefit just because organized medicine was turning its biased arrogant head. So I talked to people. I talked to Gary Glum, a California chiropractor who wrote a book about

Caisse's life (*Calling of an Angel*) and who purchased and published Caisse's formula. I talked to Elaine Alexander, a former radio talk show host in Vancouver, B.C., who, over a period of about twenty years interviewed numerous cancer survivors who used this therapy. And, on three separate occasions, I talked to Mary McPherson.

The impact on my behavior and belief...? I now take this tea on a regular basis.

MK

A Conversation with Mary...

Mary McPherson was a personal friend, and assistant to Rene Caisse the developer of the "Essiac" formula. Caisse died in 1978 at the age of ninety. To my knowledge Mary is the last living person who has extensive first hand experience and knowledge about Rene Caisse's Essiac tea remedy, used as an alternative cancer therapy mainly in Ontario, Canada since the 1920's. I wrote about Rene Caisse and her amazing tea in the last issue (vol 2, issue 1). For those who would like to have a copy of that issue, contact the clinic (501-663-2600) and we will send to you.

Dr. C: When did you first meet Rene?

M.M.: In 1935.

Dr. C: That was after she was already using the tea and treating people: is that correct?

M. M.: Yes...She was treating people and had already opened her clinic in Bracebridge (a small town in Ontario, Canada).

Dr. C: You told me when we talked previously that your mother and husband were helped by the tea. Is that correct?

M.M.: Yes, that is correct.

Dr. C: Is that how you first came to know Rene?

M.M.: Yes, it was known around the town that she had gotten the recipe and was helping people. ...and my mother came up with this and she had been treated in Toronto in 1926 with radium and she always said that if it came back she would never have radium again...so I said to her, "why don't we see what this nurse has to offer"...so we went there and that's how I met her first.

Dr. C: I see, now what kind of cancer did your mother have?

M.M.: Now, I don't know because she didn't have it biopsied but with her record of having cancer before, our family doctor just said, "this is cancer", although it was in a different location. This one came at the top of her forehead right at the hairline.

Dr. C: So this was noticeable?

M.M.: Oh, yes, yes. It was probably

as big as a quarter. I said to her, "at least it is where we can see it, and we can be able to see what's going on." Mother had a bad heart and she had various other things that we all seem to get ...and she said that she would never go through that radium again...and she said to the doctor, "now, look, if you will remove that growth right here, I will let you do it but I am not going to Toronto for any more radium."...and he said no he couldn't do that, so we just went to her clinic which was down the same street where the doctor was...so we went down and went in to see the nurse (Rene Caisse) and she said yes, she thought she could help her so she proceeded and gave her a treatment right there. She gave her one injection there and also a little drink of the tea...and we came away. I took my mother once a week to her...I can't recall how long...but, anyway, after a short time the growth started to get larger...and it sort of puffed up in the center and that scared me...I thought it was getting worse...you know. So I took her back to see Rene and when she looked at it, she just looked at my mother and smiled and said, "I've been waiting for this to happen. Now, it's going to start to get less and that's exactly what happened. Then it seemed to come to a sort of a head; it all bunched up and got quite a lot bigger and then it got less and less and then it was gone.

Dr. C. How old was your mother at the time?

M.M. ...it's hard to figure out...let's see...she was eighty-six when she died and that was thirty years before.

Dr. C. And your husband was also helped...is that true?

M.M. Yes, that's true.

Dr. C. Did he have a biopsy?

M.M. He had one testicle removed and it was proven malignant. After they removed that they wanted to proceed with...x-ray therapy... they called it at that time.

Dr. C. Yes, this was when...in 1945?

M. M. Yes...and he flatly refused...he said, "no, I will not have it. I'm going home to Bracebridge." The doctors were just disgusted. They asked me to persuade him, and I said, "no, no, I wouldn't do that... he was quite capable of making up his own mind...it was his body, and that was his choice."

So he went home and he went directly to nurse Caisse for treatment. He took treatment from her for one year, and he just passed away in '94 from Alzheimer disease. He did not have any cancer when he died.

Dr. C.: I see. Did he have injections as well or did he just drink the tea?

M. M. He had only one injection; when he first started, she gave him one injection. After that he just drank the tea.

Dr. C.: Now is it true that you actually worked with Rene, as far as helping people during the years?

M. M. I used to help her make her medicine. I bottled it.

Dr. C.: So you actually helped in the preparation of the tea?

M. M. Yes.

Dr. C.: Now, I think you mentioned before that she pretty much stuck to the one four herb formula, although there were some specialty variations...Is that true?

M.M. Yes occasionally she might use something else...a little bit...but

M.M.

she would never stay with it...the only other thing she ever added that I knew of was watercress...but she would only do that occasionally, because she said you could not take that steady; it would be bad for the kidney. She would only give that to her patients...oh...like, once in a couple of months.

Dr. C.: What was the purpose of adding the watercress?

M. M. Well...its biggest addition to the treatment was the minerals and vitamins. Its loaded with minerals from being in the water. That was her only reason. As the years went on she said that it is not necessary at all because people are taking vitamins by the handfuls. So she never added it the last...oh, quite a number of years.

Dr. C.: I see. Do you know for a fact that the formula published by Dr. Glum is the same formula that Rene used?

M. M. Yes, I do. It is the same one that I am familiar with. He came to me and said he had it. I said, "well, unless I see it, I won't believe that." He showed it to me and I recognized that the proper herbs were in it.

Dr. C.: Is it important to drink the tea warm?

M. M. Yes, it is. Her theory about that was...it doesn't matter what medication you take...the first thing your body has to do is bring it up to blood temperature...before it can go to work...and she said if you take it warm...it is a little quicker to start. That was her theory. She went with that for a long, long time...she really did know how it worked and why.

Dr. C.: You previously taken about the dosage. You've seen

recommendations for high dosage from others who are making and recommending the tea and you had concerns about that, I believe?

M. M. Yes, I still have. I have seen some of them recently where the growth comes up, comes up to a head and bursts. Now, she never wanted that to happen...that was a fear of hers, because then the toxins are all...all to be dealt with at one time. No, she never wanted big dosage. So much so that the first doctor that used some of her medicine here in town. I happened to be present with her and she told him he was giving too much medicine for the number of people he had...and he argued with her that he wasn't. So what she did...she said after he was gone..."I'm not going to go along with this...if he will not cut the dose, then I will cut the strength."...and so she did. She said that if something happened to someone, the medicine would get all the blame and she wasn't going to take that chance.

Dr. C.: I see. What dosage did she recommend?

M. M. One ounce of Essiac in two ounces of hot water.

Dr. C.: How often?

M. M. Once a week. But then, the doctors as they used it, they got her to try it more often, so she did. She tried it on treating her mother oftener and it worked so she would give two and three times a week. But then when Resperin signed in they asked her if she would consent to every day. So her first term with them she said, "yes, every day for ten days, and then every second day." And she went that way for some time. I typed directions for her.

Dr. C.: You still drink the tea on a

regular basis. is that true?

M. M. Yes, but I don't take it every day.

Dr. C.: How often do you take it?

M. M. Probably three times a week.

Dr. C.: And what do you take...an ounce at a time?

M. M. Yes, I do it just as she wanted it done.

Dr. C.: So did she recommend that people take it as a preventative even if they didn't have a problem they were aware of.

M.M. Yes, in fact she had persuaded her whole family to take it as a prevention, but they would only take it...possibly...twice a week.

Dr. C.: Did she recommend that people continue to take it on a regular basis or to take it for a couple of months every so often and then be off it for awhile?

M.M. Certainly, her own family especially if they were doing well would take it for a couple of months and then not for a while and then do it again.

Dr. C.: But you take it on a regular basis without any in-betweens...is that true?

M. M.: Well, lot's of times I go...especially in the summer time..I probably don't bother with it for...maybe a month...then I'll go back and take it fairly regular for a little while..just off and on.

Dr. C.: Do you mind saying how old you are?

M.M. I'm heading for my 82nd

MK

birthday...I'll be 82 in July.

Dr. C.: Since you knew and worked with Rene for so long you probably experienced numerous people who had success with the tea...is that true?

M.M. Yes, lots of people. You, know at that point in time there weren't many people around here with cars, and always when I brought my mother I would have two-three other people who lived in the same area that would come in with us. Oh, yes there are many that she helped.

Dr. C.: Do you have anything additional to contribute about Rene or the tea that may be important for people to know about?

M.M. Well...there's one important thing. Make sure you get the right herbs. There are substitutes being sold.

Dr. C.: You mean for *Sheep Sorrel*?

M. M.: Especially for *Sheep Sorrel*.

Dr. C.: Are you talking about *Yellow Dock* being one of the substitutes?

M.M.: Yes, that is one. And, also all the herbs are not the quality they used to be...at least what we're getting up here.

Dr. C.: Well, thank you so much. I'll send you a copy of what I write through the mail.

M.M.: I would appreciate that so much. So many people call me, and I talk to them and then I never hear from them afterwards.

Dr. C.: Well, you'll hear from me. I promise, and I really appreciate it.

Finger pointing, rumors, and concerns

There are numerous individuals and groups who are making and promoting a mixture that is related to the original Ojibwa formula (which was given to a women who in turn gave it to Caisse). Most of these use a name that is a variation of *Essiac*. Resperin Corporation purchased the name *Essiac* and the formula from Rene Caisse before she died. When I talked to a representative from this company, they said they had the only true formula.

When I talked to Elaine Alexander, who now markets an eight herb formula (which includes watercress), she said that her formula was the latest formula which Rene and a medical doctor (Dr. Brusck) had perfected in later years. She also said that Resperin Corporation was irradiating their herbs (I asked the representative of Resperin if this was true, and was told, "no", followed by "well, I don't know", followed by "I'll find out and let you know". I received information from Resperin but this question was not addressed.).

When I talked to Dr. Glum, he said that one couldn't trust herbal supply companies as they were substituting Yellow Dock for Sheep Sorrel and also imported herbs were being sprayed with a chemical when they entered this country. He said that he harvests the herbs that he uses from the wild. One of the herbs used however is not native to this country (Turkish Rhubarb).

Resperin Corporation charges about \$50.00 for a month's supply of their formula. Dr. Glum sells a three month supply of herbs for \$200.00; he said that he would accommodate those who have financial hardship.

however.

I have obtained a bulk supply of the herbs and have the tea made for personal use. My source assures me that the herbs are genuine and high quality. Ultimately I am looking to having the herbs organically grown and providing this tea for those who wish to use it.

If You haven't yet tried a massage from Peggy, you are missing a great experience

Peggy Morgan joined us here at the clinic beginning in February. Those that have tried her massage treatment have given rave reviews. If you would like to try a first massage with Peggy, and mention that you read it here in this newsletter, I will still honor the 50% discount.

Dr. Carbery received his undergraduate degree from the University of Washington, his M.B.A. from Seattle University, and his doctorate of chiropractic from Life Chiropractic College West.

ADVANCED HEALTH Clinic is located at 123-A Van Buren in the Hillcrest area of Little Rock.

The clinic phone number is (501) 663-2600.

Mali Klein

From: Aubrey Scoon <aubrey@scoon.co.uk>
To: <bob@tunnelradio.demon.co.uk>
Cc: <mali@cloudstrust.org>
Sent: 29 June 2001 12:32
Subject: Mechanism of Essiac

Hello Bob/Mali,

I managed to find some chemotaxonomy data on Sorrels in general - the concentration of various constituents varies from species to species but most contain the same things.

Anyway, principal constituents of sorrels are: quercetin-3-d-galactoside, oxalic acid, vitamin C, various anthroquinonoids and loads of other vitamins and minerals.

I think the above gives you the answer as to what is happening. Quercetin is well known for its anti-tumour effects, it has a lot of beneficial properties on lots of diseases but it particularly has a very high anti-tumour activity. Also various anthroquinonoids appear to have anti-tumour effects as well - these are interesting compounds, often used as dyes (reddish) and have a very similar structure to dibenzanthracene. Now if Rife was right and dibenzanthracene is involved in most tumour processes, anthroquinonoids will interfere with its chemical processes.

So why does boiling only certain parts of the Sheep Sorrel result in Essiac? Well, the quercetin in the sorrels is bound to a sugar molecule (the galactoside). If you wanted to extract pure quercetin you'd have to break the chemical bond between it and the sugar. If you boil sugars in acid solutions they hydrolyse and lose their bonds to other molecules. Now the sorrel contains oxalic acid, so if you boil an extract of sorrel, you'd expect the oxalic acid to cause breaking of the bond between the galactoside and the quercetin, releasing pure quercetin, or possibly a simple salt of quercetin.

Sorrels are not the only plant with quercetin, and various other plants have combinations of oxalic acid and anthroquinonoids - notably Burdock and Rhubarb. Hoxsey's cancer formulas contain quercetin containing plants as well.

Remedial action of

So basically I think the action of the Essiac is a combination of quercetin with some (unspecified) anthroquinonoids. There are other interesting properties to this as well. Quercetin is synergistic with Cisplatin (a chemotherapy drug). Cisplatin is unusual because it contains Platinum in a molecular complex and was discovered interestingly enough, from a study of the effect of electricity on E. Coli (Rife thought that E. Coli was a pleomorph of his cancer virus). Cisplatin prevents cell division in E.

Coli and has strong anti-tumour properties.

This is some indication of a strong tie in between Rife therapy and the action of Essiac. Anyway, if someone is on Cisplatin chemotherapy you'd expect the Essiac to work even better than on its own.

If you study the chemistry of Cisplatin it shows that you could expect similar properties with many transition metals (i.e. metals in the middle of the periodic table) not just platinum. So the high mineral and transition metal content of sorrels may also be an important factor in its operation.

I can't see offhand how selenium would directly influence the effect, but selenium is a catalyst in metabolic processes - particularly in the part that Koch's therapy is supposed to hit. So supplementation of selenium wouldn't hurt. I think it would be a good idea to try a nutritional supplement of selenomethionine in conjunction with Essiac - it may increase the effectiveness. General nutritional supplementation with metals like Chromium, Iron, Zinc, Manganese etc should help as well. These should be taken separately at different times of the day because they interfere with each other if taken all at once.

One of the effects of quercetin on the body is to suppress storage of sorbitol. Now sorbitol is implicated in adult-onset diabetes, ulcers and cataract formation (remember that Rife's cancer treatment apparently had good effects on cataracts). But sorbitol is used as an artificial sweetener and occurs in 90% of processed foods. If sorbitol is implicated in the cancer process, then I would think it would be a good idea to reduce sorbitol intake - get patients to check everything they eat and avoid sorbitol at all costs. Sorbitol isn't directly absorbed from the digestive tract to any great extent but bacteria in the gut (such as E. Coli) will be able to feed on sorbitol - it's a great way of feeding all the bad bacteria in the body!

As to what might be the best way forward I would suggest seeing if it's possible to get a detailed analysis of the sheep sorrel extract with a specific view to determining the exact structure of any quercetin related molecules in the extract (i.e. whether there is pure quercetin in the extract or whether it exists as a salt) and also to find out exactly what anthroquinonoids are present and in what proportion - and also whether these exist in base form or as salts. It would also help to get an analysis of sheep sorrel extract that hasn't been decocted - that would confirm whether hydrolysis is occurring in the decoction. Oxalic acid is not an efficient acid for hydrolysis processes - so the implication is that if hydrolysis of the quercetin complex is the key to the effectiveness of Essiac, then it should be possible to find a better way of doing it (possibly by adding some inorganic acid before boiling) which will result in greater concentrations of quercetin and a better anti-tumour effect.



Mali Klein

From: Aubrey Scoon <aubrey@scoon.co.uk>
To: <bob@tunnelradio.demon.co.uk>
Cc: <mali@cloudstrust.org>
Sent: 29 June 2001 14:25
Subject: More on Essiac Mechanism

Hi Bob/Mali,

It appears that I was right about the hydrolysis in decoction of Essiac. I just found this lab report on how to isolate quercetin and Kaempferol (which seems to have a very beneficial effect similar to quercetin because it's metabolised to quercetin in the body) and it shows how they prepare quercetin from the glycoside (sugar complex) in Ginkgo Biloba by boiling in acid.

Reference

<http://www.nutraceuticalinstitute.com/methods/ginkgo.html>

Apparently Kaempferol and Quercetin occur in very many plants. Good normal dietary sources are red apples and red onions. It also occurs in high concentration in Oak Leaves, Pine Bark, Willow Bark, Rose Petals, Eucalyptus Leaves and Acacia Leaves. Many berries (such as rowanberry) contain it as well.

Supposedly one of the strongest natural sources of Kaempferol and Quercetin is black tea, green tea also contains a lot but less than the black version.

Quercetin is a tough molecule that survives boiling etc. It appears that the key to extracting it is to boil all these plant sources in acid for some time to get the pure molecule which has the bioactive effect.

Quercetin itself however is insoluble in water and poorly absorbed into the body - the trick will be to find a chemical complex that is still bioactive and soluble at the same time. Quercetin chalcone (Quercetone) is claimed to do this.

The effect of the anthraquinonoids seems to be that they act as a laxative and/or purgative. So maybe what is happening is that the quercetin in Essiac is attacking the tumour and bacteria like E. Coli by starving them of sorbates, and the anthroquinonoids are accelerating the flush of dead bacteria and toxins from the body.

Here is the Cisplatin Link - very interesting:

Reference

<http://www.chemcases.com/cisplat/cisplat01.htm>

Here is an interesting link on Plant Chemistry:



The *HERB* of good **HOPE**



Jo Kerrigan assesses the excitement surrounding Essiac, the herbal remedy which many cancer sufferers around the world believe may have considerably lightened their load

WHEN discussing alternative treatments and therapies for any illness, it is necessary to read carefully these days. Medical boards in most countries (Ireland included) are quick to react if claims are made that a particular herb or formula may have curative powers.

In recent years restrictions have been placed on certain traditional herbs being made available for general use — St John's Wort is a case in point — and it is likely that in the near future, even descriptions for use on packaging may be severely curtailed. We are no longer a world depending on traditional herbal cures, relying instead on the products of the pharmaceutical industry to treat our ills.

Yet for those who have been diagnosed with an illness such as cancer, alternative therapies may appear as a very real ray of hope, either as additional assistance in helping the body to cope, or as an entirely different approach to dealing with the problem.

Doctors may point out that there is no scientific evidence or rigorous clinical study to prove the efficacy of these formulae, but the body of anecdotal testimony continues to grow, and would appear to demonstrate that in some cases, cures or alleviation of symptoms do occur when such formulae are used under the right conditions.

One such formula is Essiac, a herbal tea attributed to Canadian nurse Rene Caisse who developed it in 1922 and named the formula by simply spelling her own name backward. She claimed to have created it from an original eight-herb recipe which was given to an Englishwoman with breast cancer by an unknown native American herbalist in northern Ontario at the end of the nineteenth century.

The basic Essiac recipe uses four commonly-known herbs — powdered sheep sorrel, chopped burdock root, powdered slippery elm inner bark, and powdered turkey rhubarb root. These are prepared as a decoction and taken diluted in water and sipped as a tea.

Reports from Canadian Cancer Commission hearings in 1939 describe results that might be considered miraculous by today's standards.

Burdock, sheep sorrel and turkey rhubarb are all classified in Ayurvedic medicine as cooling bitters, while the stabilising, grounding effect of slippery elm is classif-



Cleansing powers: "We let customers know what information is available on Essiac and let them decide for themselves," says John Philpott, manager of the Here's Health store in Cork.

Picture: Maurice O'Mahony

ied as sweet/neutral. Sheila Snow and Mali Klein, who have researched and written extensively about Rene Caisse's work in two books (but who are, understandably, careful of the claims they make), say that as such in combination the four Essiac herbs may:

- Stimulate the immune system
- Soothe the digestive tract
- Stimulate the digestive system and increase energy levels
- Relieve lung congestion by opening and clearing the respiratory tract
- Stimulate the heart and circulatory system, cleaning the blood and relieving congestion in the lymph system
- Reduce body heat and inflammation, reduce and neutralise acidity and toxicity, cool and purify the blood
- Help regulate liver functions by regulating bile production
- Help regulate sugar metabolism and spleen function
- Help reduce excess body fat, relieving stress on the pancreas

They also say that when combined, the anti-tumour properties of these herbs may help reduce benign and malignant tumours. Does Essiac work? The evidence presented by Caisse's own surviving casebooks from the 1930s is certainly startling.

A railway worker with severe cancer of the lower lip who not

only made a full recovery but lived into a healthy old age.

A housewife in her 40s with multiple tumours of breast, uterus and stomach whose growths disappeared and who was still in correspondence with Rene in the 1960s. There are many more such stories which appear to confound medical theory of the time. In recent times, one of the most famous is that of teenager Billy Best from Norwell in the United States.

In 1994, Best had been diagnosed with Hodgkin's disease and was receiving chemotherapy. Believing that the treatment was doing him more harm than good, the teenager ran away from home to escape the treatment that he said was killing him. His parents, Susan and William Best, promised that he would not have to continue the chemotherapy, provided he agree to look at other methods. Doctors, however, gave the family an ultimatum: continue chemotherapy or run the risk of dying of a largely curable cancer.

"They told him he would be dead in one year if he did not do chemo and radiation," says Susan Best. "It was scary to walk away from them. But we realised they were using scare tactics, which made us mad."

Best, however, beat the doctors' worst predictions. He now lives a healthy and fulfilling life, free of

Hodgkin's disease. He attributes his cure to alternative medicines, including Essiac and an injection treatment known as 714X, made with camphor, mineral salts, and nitrogen, that is designed to boost the immune system. The family also introduced nutritional changes, vitamin supplements and most important, says Susan, prayer.

Kathryn Haynes is someone else who has good cause to speak highly of Essiac. When she was diagnosed with possible breast cancer a few years ago, she was devastated. "The doctor mentioned that scar tissue would probably form where the lump was excised, and that the removal would not prevent another lump from growing in the same place. I thought to myself, 'Surgery seems to be a no-win situation'."

At a health food store she met a woman who told her about Essiac tea. Kathryn decided to try it before agreeing to surgery. For six weeks she followed a strict regimen of Essiac morning and night with vitamin supplements during the day. "During the treatment, a feeling of confidence came over me. I realised that I was no longer afraid about my breast. I put off calling the surgeon's office to reschedule the surgery. I had peace about doing this."

After taking the tea for six weeks, she noticed a remarkable improvement. The pain she had experienced disappeared a week after she had begun taking the tea. She also noticed that the breast tissue seemed softer and more supple.

"There was only one side effect with the tea: a constant itchy feeling on my arms and other parts of my body. I stopped taking the tea for two weeks, then took it again for six weeks. I again stopped for two weeks and then did another six weeks. I had peace about my breasts. I went on with my life and forgot about it until it was time once again for my annual mammogram."

The week after the mammogram, she received a letter which read: "We have reviewed the radiologist's report of your recent mammogram. There is no evidence of malignancy, and although this does not guarantee that there is no cancer, it is reassuring."

Most doctors are extremely cautious in commenting on either this formula or its alleged results. "It's a very popular herb remedy," says



Offering hope: The picture, above, shows a happy group of 250 children, helpers and one mother arriving in Shannon airport for a lengthy stay in Ireland with the friends of the Children of Chernobyl. Health workers in that area have already begun to use Essiac in their fight against cancer. Detailed reports have yet to reach Ireland.

Picture: James Horan/Press 22

Dr Miheal Fannin of Dingle. "Its primary use is to detox, but I don't prescribe it myself." Dr Jennifer Daly who practises in Carrigaline, Co Cork, is a GP who now uses natural remedies almost exclusively. "I wouldn't recommend Essiac to someone who hadn't had conventional cancer treatment, but I would consider it very useful as an adjunct therapy afterwards."

Essiac is a regular seller in good health stores and appears to be taken both by those diagnosed with cancer and also those who want to decrease the risk of contracting it. John Philpott, manager of Here's Health in Cork's Patrick Street, says they've been stocking it ever since they opened in the city.

"It's not as well known here in Ireland as it is in the States or Canada yet, of course." Again, he is careful about what can be claimed for the product's efficacy. "We let customers know what information is available on Essiac and let them decide for themselves. We can tell them, however, that it does cleanse the body and have a detoxifying effect."

One young woman who was recently diagnosed both as HIV positive and with non-Hodgkins Lymphoma, strongly recommends Essiac to anyone in her position, "because you need every available force to boost the immune system.

Essiac is a useful two-in-one ally, something positive that's fighting on your side of the fence."

The Original Essiac Company in Malahide imports the product direct from Canada and then re-exports it to all over Europe as well as distributing it in Ireland. There are links to Chernobyl too. A Dublin couple looking for something to boost the immune systems of children there heard of Essiac and approached Michael Reilly, the director, who was glad to give them a supply to take out.

"There's a lady in Belarus who is importing Essiac now for the children there, but I haven't had any reports back yet." Interestingly enough, the President of Essiac in Canada has Irish connections - T.P. Moloney's family came from Timoleague in West Cork. The herbs, Michael explains, are organically grown in Germany and Austria before being blended and packed to Rene Caisse's original formula.

"It's 80 years old. I suppose you could say it's stood the test of time", he says, before emphasising that they cannot make any medical claims for the formula.

● Websites such as essiac-info.org offer up to date information on research, recovery stories, history, recipes, controversial issues, marketer ethics and comparison shopping. Essiac Essentials and Essiac, both by Sheila Snow and Mali Klein, are available from Newleaf, Gill & Macmillan. Bridge of Hope, by James W. Deemer, will be published later this year.

Your cancer, your choices

BEING diagnosed with cancer is always a stunning blow. Once the initial shock is over, however, it is vital to think positively, since this is undoubtedly the best way to deal with the disease. Here are some guidelines from those who have been there, know what it's like and now want to help others get through the same crisis.

Is it or isn't it?

● Move out of limbo. Don't just sit around wondering if the symptom is or isn't serious — find out. Waiting won't make it go away.

OK, so it is!

● Bring a friend when you go for the diagnosis, both for support and to ask questions on your behalf. Read information booklets, but if you don't want to at this stage, don't. Writing down your thoughts can be very therapeutic and it's a good idea to keep busy. ● Decide what kind of support would help you most and then

contact those people who can give you that support. You might need someone with whom you can cry at one time, someone who can be practical at another.

● You are not alone. There are many support groups which will give immeasurable help at this phase of your life.

● Develop relaxation techniques for when panic threatens to take over.

During Treatment

● Find out all you can about the recommended treatment and alternatives available. If going into hospital, pack lots of little treats as well as books and handiwork. Don't be afraid to seek assistance and support from staff.

Post-treatment

● Make sure you are clear about medication instructions and what side-effects, if any, to expect. It may take time to get used to being out of the caring medical

environment, even if it is your own home. Take it slowly.

● Hair loss is often a side-effect of chemotherapy, but nobody ever went permanently bald as a result of this treatment. Yours will grow back — and hey, it might even be a different shade!

● Mastectomy can be devastating for women, but talking it over with a partner or close friend can alleviate the worries and fears, and help you come to terms with it. How you regard your own body is what matters most.

● Cry when you need to — but laughter is a wonderful medicine too. Read humorous books, watch comedy shows, go to funny films.

● Start a new hobby or interest — one that you can pick up or put down as you feel like it. Pamper yourself, do things you really enjoy. It's all part of recovery.

● Taken from 44 1/2 Choices You Can Make If You Have Cancer, by Sheila Dainow, Jo Wright and Vicki Golding, Newleaf, around IR£9.99.

Some helpful contacts

ARC Cancer Support Centre, 65 Eccles Street, Dublin 7; 01-830 7333 arc@clubi.ie
 Irish Cancer Society, 5 Northumberland Road, Dublin 4; Help Freefone 1800 200 700
 Slanu Cancer Help Centre (holistic), Uggool, Moycullen, Co Galway; 091-555 898
 Turning Point (holistic), 23 Crofton Road, Dun Laoghaire; 01-280 7888

March 14, 2002

Dear Mrs. Klein:

As promised, enclosed please find the original letter that Mary McPherson sent to me after mailing her a copy of Essiac Essentials. In her letter to me and in several phone conversations, Mary verified that everything in this book was completely true.

Essiac Essentials has been my bible and I never go anywhere without it!

Thank you again for everything.

Sincerely,



Marcy Leto (Breast Cancer)
6 Hamilton Avenue
Lodi, New Jersey 07644 USA

Encl.

U.S. MAIL PERMIT NO. 1000 Lodi, NJ 07644
POSTAGE WILL BE PAID BY ADDRESSEE
FIRST CLASS



REF: MARCY SCURGEN LETO

Dear Mary

Just a note to say I received your parcel and ~~want~~ ^{want} to thank you so much. Everything in this book is true. I am very pleased that your Dr. will allow you to carry on with the Essiac.

The more I think of it, I can remember you being here. I see and talk to so many people I get them mixed up.

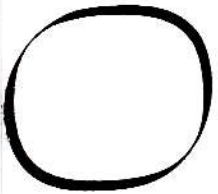
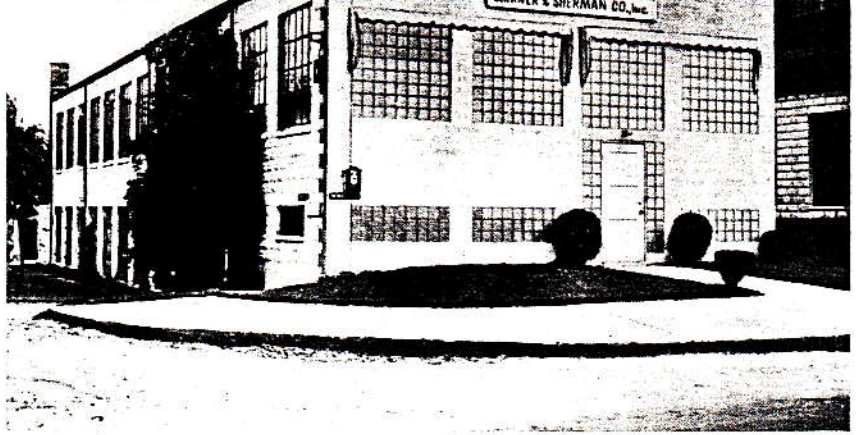
If you would like to talk to Sheila Snow sometime I'll send her no. I hope things are O.K. ^{for you} you could have the lump removed and then carry on with Essiac, lots of people do that. whatever you do I wish you well.

Thank you again and best wishes for the season

Sincerely

Mary

AKK



Lukens Laboratories, Inc., and the
Skinner and Sherman Testing Laboratories
welcome your interest and
invite your inquiry.

RECEIVED - 11 5 1958
NEWTON MASS



227 CALIFORNIA STREET, NEWTON 58, MASSACHUSETTS