



## Name Rene Caisse Tea

Tea

Code	Size	Duration
T19	90g	Usually lasts 10-20 days

### Area concerned

Detox, immune system and digestive system.

### Ingredients

Approx per 90g: 56g Sheep's Sorrel, 21g Burdock Root, 14g Slippery Elm Bark, 3.5g Turkey Rhubarb Root

### Description

Originally a mixture used by Ojibwa Indians, and introduced to Rene Caisse, a medical nurse, in 1922. This calming and cleansing herbal combination provides valuable support for the immune system, the digestive system and blood circulation.

### Standard use

Soak 30g in a litre of filtered or bottled water overnight. Heat up and simmer very gently for 15 minutes. Leave to cool. Add 2-3 tablespoons of honey to assist keeping properties. Strain and bottle. Keep in fridge for up to 4 days. Drink a small wineglassful 2-3 times daily on an empty stomach.

### How long to take it

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not take if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Immune Programme; 90-day Detox Programme; Detox Capsules, Drops or Tea; Cat's Claw Capsules or Drops, Calendula Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Cayenne Capsules; Dig Capsules, Drops or Tea, Lym Capsules or Drops; Pau d'arco Capsules, Drops or Tea; Power Garlic Capsules.

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