**Essiac Tonic** (Burdock/Sheep Sorrel Complex). This formula was originally given to Canadian nurse Rene Caisse by a Chippewa Indian. Helps move the body toward a state of integration and health. Alleviates and gets rid of chronic and degenerative diseases. Boosts the immune system, cleanses and supports the liver and the blood. Useful in autoimmune disorders, allergic disorders, and chronic fatigue immuno-dysfunction syndrome (CFIDS).

***Ingredients:*** Burdock, Sheep Sorrel, Slippery Elm, Turkey Rhubarb.

***Dose:*** If symptoms are acute, take one softgel or 40 drops in two ounces of hot water twice a day, morning and evening, on an empty stomach for 32 days. Take one week off. Repeat cycle. For prevention, take for one month twice a year. Do not eat or drink anything for at least one hour after taking Essiac Tonic.

***Contraindications:*** Not in pregnancy.