

QUICK REFERENCE SHEET

ESS

(Similar to the Famous Essiac Tea)

Blessed Thistle, Burdock, Dulse, Red Clover,
Rhubarb Root (Turkey), Sheep Sorrel, Slippery Elm,
Watercress



2.00 Burdock
2.00 Sheep Sorrel
0.50 Red Clover
0.25 Blessed Thistle
0.25 Dulse
0.25 Slippery Elm
0.25 Watercress
0.125 Rhubarb Root (Turkey)

Total Herbs 5.625 oz
Tincture Ratio - 1:9

Endometriosis occurs when the same tissue found in the lining of the uterus is found outside of the uterus. It may attach itself to the outside wall of the uterus. EM dissolves this Endometriosis lining. This is a slow process it may take a while to notice any improvement. A good Nattokinase supplement can help with this as well. This has only been tested by a few women.