

# ESSIAC: NATURE'S CURE FOR CANCER

## An Interview With DR. GARY L. GLUM

by Elisabeth Robinson

### INTRODUCTION

Rene Caisse was a nurse living in Canada who for a period of almost sixty years treated hundreds of people with an herbal remedy she called Essiac. She discovered this remedy through a patient in the hospital where she worked who had been cured of cancer. The patient had used an herbal remedy given her by an Ojibway herbalist.

Rene left the hospital in 1922, at age 33, and went to Bracebridge, Ontario, Canada where she began administering Essiac to all who came to her. The majority of those whom she treated came on referral with letters from their physicians certifying they had incurable or terminal forms of cancer and that they had been given up by the medical profession as untreatable.

Rene began gathering the plants and preparing the herbal remedy herself in her own kitchen, in a building lent her for her patients. She administered Essiac both orally and by injection. In cases where there was severe damage to life support organs, her patients died — but they lived far longer than the medical profession had predicted, and, more significantly, they lived free of pain. Still others, listed as hopeless and terminal, but without severe damage to life support organs, were cured and lived 35-45 years (many are still living).

So startling was the effectiveness of this simple herbal remedy, it could not be ignored, and the Canadian Ministry of Health and Welfare and the Parliament became involved. Friends, former patients, and grateful families petitioned Canadian officialdom for Rene Caisse's right to administer the remedy to anyone who asked for it without the threat of interference



Dr. Gary L. Glum, until two years ago, was a chiropractor with offices in Los Angeles, California. His clients included well-known professional athletic teams and Olympic teams.

In 1988 Dr. Glum published *Calling of an Angel*, the story of Rene Caisse and Essiac. Two years ago he closed his practice and now devotes his time to investigative writing.

from authorities. Fifty-five thousand signatures were collected on the petition. In 1938, Essiac came within three votes of being legalized by the Ontario government as a remedy for terminal cancer patients.

The story of Rene Caisse, her life, her work, and the effectiveness of the remedy she named Essiac, is told in a book *Sun Bear* received, *Calling of an Angel*, by Dr. Gary L. Glum of Los Angeles. After reading the book and finding it to be informative, well documented and moving, I decided to interview Dr.

Glum. I verified the basic information in his book through Canadian sources, one an herbalist who knows of Rene Caisse and her work and who has personally made and successfully used Essiac.

As I completed my second conversation with Dr. Glum, he said, "You're opening a Pandora's Box here, publishing this interview about Essiac." I disagreed, but began thinking about Pandora's "box." In the story of Pandora most well-known today, she is sent by the gods to curse humanity for offending

them.

Pandora is given a "box" or container with instructions not to open it, which the gods know she will disobey. When Pandora does open the box, famine, war, plague, disease, pestilence — all the ills of humankind — are released. Then at the last comes hope, as antidote to despair.

But according to Barbara Walker's *Encyclopedia*, Pandora — whose name means "all giving" — was originally an image for Mother Earth. She had, not a box, but a honey vase like the Cornucopia from which flowed all life and creativity, as well as death and rebirth — Earth's gifts to her children. Because we are natural beings in a natural world, it seems appropriate that a simple remedy composed of four common herbs, gifts of Earth, would suggest so much promise for us today.

#### INTERVIEW WITH DR. GLUM

Elisabeth Robinson: To begin with, Dr. Glum, can you tell us a little about how you became interested in the story you tell in *Calling of an Angel*, and how you learned about Rene Caisse and her work?

Dr. Gary Glum: A personal friend of mine knew this woman, whose name I have promised not to reveal, who was living in Detroit, Michigan. Twenty years ago she had been diagnosed with cervical cancer in a Detroit hospital where she was eventually given up as incurable and terminal. She was given about ten days to live.

She convinced her husband to make a trip to Bracebridge, Canada where she went to see Rene Caisse. She was treated with the herbal remedy developed by Rene — Essiac — and in a short time she didn't have a cancer cell in her body. So after that time this woman began dedicating her life to disseminating information about Essiac in the United States. When I met her, she was the only person in possession of the original herbal formula who would relinquish it. I got the formula for Essiac from her.

That's how it began. When I

started, all I had was a piece of paper. I thought, what am I going to do with this? I decided the best way to go would be to find the information behind Essiac and put it in book form and bring it to the world.

I learned about Rene Caisse from Mary McPherson who was a very close personal friend of Rene's... not only a friend but also a patient. Mary's mother and her husband were also patients. They were all treated for cancer and cured by Rene.

Mary worked with Rene beginning in the 1930s and she had in her possession all these documents that had to do with Essiac over the 40 years Rene administered it. All the documents Rene had were destroyed by the Canadian Ministry of Health & Welfare at the time of her death in 1978. They burned all that information in fifty-five gallon drums behind her home.

## *Essiac is a non-toxic herbal cure for cancer that's been with us since 1922.*

ER: Why?

GG: Because they don't want this information in the hands of the public or the press or anybody else. They indeed found out what Essiac was in 1937. The Royal Cancer Commission hearings had then come to the same conclusions that Rene had — that Essiac was a cure for cancer.

ER: What is Essiac exactly?

GG: Essiac is a non-toxic herbal cure for cancer that's been with us since 1922. It's a formula made from four very common herbs.

ER: I would guess that virtually every person in the U.S. today has been touched by cancer, either personally or through a loved one. If this information is true, and the effectiveness of this remedy is actually medically documented, many lives could be saved. Why do you think the information on Essiac is not more widely known?

GG: The information is withheld because cancer is the second largest revenue producing business in the world, next to the petrochemical business. Money and power suppress this truth.

No one has ever sought to cure cancer — only to control it. I mean, the research institutes, federal governments, pharmaceutical companies, anybody that has a vested interest in the health care of cancer, including the American Cancer Society, the Canadian Cancer Society, any of these so-called benefactors to those who have contracted this disease — all of these institutions are involved in the money and power around cancer.

These institutions have influence over government and regulatory agencies such as the Food and Drug Administration. The FDA recommends only allopathic treatments for cancer and other life threatening diseases. It does not approve nor make legal alternative treatments of any kind.

ER: You're saying that Essiac is in a position similar to, for example, laetril.

GG: Yes, the only reason laetril was stopped — and it couldn't be stopped any other way — was through the insurance companies. The insurance companies sent down a directive to all allopathic physicians stating that they could not cover them in any malpractice suit in the event they were treating people with any substance not approved by the Food and Drug Administration.

ER: In your book you mention that the Brusck Clinic in Massachusetts worked with Rene Caisse and with Essiac, during the early 1960s. Is this

Welfare because they say it is "advertising."

ER: Advertising what? The video you don't sell any more?

GG: No, a cure for cancer.

ER: Can you explain what you mean by the publishers' fearing a wrongful death suit?

GG: What you're dealing with is giving people a formula that they can make and use in the privacy of their own homes without the approval of the AMA or FDA or anybody else. If any attorney or any family member should decide, for whatever reason, that the reason someone expired was from the use of Essiac, then you are putting yourself up for a wrongful death suit. The contention is that if it isn't approved by the Food and Drug Administration, there's no legality in using it when you're dealing with a life threatening disease.

When Rene Caisse set up her clinical trials in Canada to test Essiac, she was given government permission to treat terminally ill cancer patients who had been given up for hopeless by the medical profession. That was one criteria. Secondly, this was all to be certified by a pathology report. And third, she could not charge anything for her services. She agreed to all these criteria and proceeded to treat people with Essiac. Many she treated were still there 35 years later to bury her when she died at age 90.

The best that anyone can do is just try to disseminate this information to the public and let people make their own choices. That's all you can do. And just say, look, if you feel that Essiac has value in your life and the lives of your loved ones, you have the right to make this remedy and use it in the privacy of your own home and without anyone's approval.

You know, in 1937 Essiac came within three votes of being legalized as a treatment for cancer. People had garnered over fifty-five thousand signatures on a petition to allow Rene to continue to use Essiac. The only reason the vote fell short, she



found out years later, was that the College of Physicians and Surgeons met and said to Parliament, if you don't respond to the political pressure and legalize Essiac, then we'll take a sincere look and give this woman a fair hearing. So Parliament didn't legalize Essiac.

So following the Royal Cancer Commission hearings, Rene was allowed to continue her practice but only within the criteria I mentioned before, which allowed the Ministry of Health & Welfare to restrict people's access to Essiac treatments.

I know this because I have a copy of the hearing transcripts which I got from Mary McPherson, which is some of the information that did not get burned when Rene died.

ER: You mentioned that earlier. What exactly was burned?

GG: All her research for that 40-year period of time. All the names, all her clinical data that she had collected. Her files and records.

ER: What about the records of the Bruschi Clinic? It seems these would be convincing evidence.

GG: As far as I know all that material has been destroyed also. I knew that Rene had worked with Dr. Bruschi from 1959 to 1962, so I went to Dr. Bruschi's home in Cambridge, Massachusetts whereupon he delivered to me the only material he had left in his files on Essiac. One of those files was his own personal file where he had treated and cured his own cancer with Essiac. I have his personal records.

All the information in my book is verified by a sheet of paper with a signature and a date on it, and those sheets and signatures are all originals. They are not copies.

ER: Have you had any personal experiences with Essiac?

GG: Yes, I can give you an example. He was a twelve-year-old boy named Toby Wood. He had acute lymphoblastic, which is one of the most virulent of all leukemias.

He had been on chemotherapy for four years and radiation for three. His mother's only hope in life was to find a cure for him. She went everywhere. She tried every alternative treatment.

Her last stop was Dr. Alvarados in Athens, Greece where her son's white cell count was 186,000. He had no red blood cells and no platelets. He was hemorrhaging to death. So they transfused Toby in Greece and put him on a plane to Alaska where he was given less than five days to live.

I met his mother's sister in Los Angeles while I was putting the book together and she asked if there was any credibility here. We sat down and talked. She then borrowed the money for a flight to Anchorage, and delivered a bottle of Essiac. By the time she got there Toby was given three days to live. He was in a state of complete deterioration. He was given the Essiac and all the hemorrhaging stopped within 24 hours. Within three months all his blood tests were normal. I arrived in Alaska later that year and met him.

Toby Wood did die, and we finally found a pathologist who would do an exhaustive autopsy. We knew that he didn't have leukemia any more. We wanted to find out what was the cause of death. It took four months to get the report back. The pathologist autopsied the brain, testicles, and all life support organs, including the bone marrow. No blast cells were found in any life support organ. No blast cells were found in the bone marrow. There were a few stray cells in the testicles and in the brain. Cause of death was damage to the myocardial sac of the heart, a result of the chemotherapy.

This was the first report anywhere in medical history of anyone surviving lymphoblastic leukemia. That information was taken to AP and UPI but they said it was not newsworthy.

Our information on Essiac has been sent around the world twice through *Publisher's Weekly* magazine in a huge two-page ad. We received no responses at all from any publishing company worldwide, no producers, directors, throughout the United States, no talk show programs, none

of that. We can't access the media.

In fact we talked to Philip Scheffler, producer of 60 Minutes. He read the book and we called him to ask what he was going to do about it. He said, nothing. I said, all the information in the book is verifiable. In other words, it's the truth. I said, if you're 60 Minutes why don't you expose me and Essiac as a fraud. He said, nope, can't do it.

We took it to Joe Donally who's the executive news producer for ABC in New York. We said why not give it to Peter Jennings, Geraldo Rivera, Ted Koppel, one of those. He said, nope. We asked why not. He said because his phone lines would be invaded with 65,000 phone calls. We said, how sympathetic do you think a parent whose child is dying of leukemia, would be to your 65,000 phone calls. He went on to say he's got a mortgage on his house and he's looking toward retirement.

So that's the problem. No one wants this information disseminated. And it's not just the media, either. It includes the herbal companies who are now substituting the curly dock for sheep's sorrel. So people are getting the wrong ingredients for Essiac, not to mention the five or six other formulas that are circulating which are different from the one I send out. These false formulas are being disseminated. There is a disinformation campaign going on here, somehow.

ER: Has this disinformation campaign started just since your book has been out?

GG: Previous to my book, none of this information was available to the general public at all. The public had no information outside of a few assorted articles. Certainly the Essiac formula was not available to the general public at all. All that information was held by the Resperin Corporation in Toronto, Canada, which supposedly is a private institution.

However, they work hand in glove with the Canadian Ministry of Health & Welfare, who works directly with the American Food and Drug Administration and the

National Cancer Institute in Bethesda, Maryland. The Essiac formula was never given to anyone by Resperin.

ER: Did the Resperin Corporation do any research on Essiac?

GG: They've done research since 1978 when the formula was relinquished to them by Rene for the purchase price of one dollar. As soon as they got the formula, they told Rene they had no further use for her. She had been under the distinct impression from the Ministry of Health & Welfare and the Resperin Corporation that she was to lead the research activities that they so desperately wanted to put together.

But Rene had already done clinical trials. She had names and records. She thought the Resperin Corporation was politically powerful and had money enough to get Essiac into the public sector without compromising her values. Then she found out the Corporation was working closely with the government and administration and the Ministry of Health & Welfare.

So now people who were terminally ill and given up as hopeless had to go through a federal bureaucratic maze to get the remedy. By then, for most of these people, it was too late. But even when people were cured, that information was not released to the public.

Resperin ran research tests on Essiac. One test was conducted in Northern Canada and the documents were falsified. For example, one man was listed as dead who a few months later knocked on Rene's door and said, you know I want to thank you for the Essiac and being part of this experimental program. Yet he was listed as dead in the research project findings.

ER: It's beginning to seem amazing to me that any information at all about this remedy has survived the "conspiracy of silence" or outright destruction of records and so on.

GG: The only reason Essiac is known today is by word of mouth and because Essiac is what it is.

What will keep Essiac known is its effectiveness. Rene said it years ago. She said, look, if Essiac doesn't have any merit let me put it out there. If it doesn't have merit, it will kill itself. Of course she knew full well if people had the correct herbs, the remedy would stand on its own. And that is exactly what Essiac has done over this period of time that we've been disseminating the information.

Rene also found that Essiac was a strong preventive. These findings were substantiated by Dr. Albert Schatz at Temple University who discovered the cure for tuberculosis.

Rene also found that Essiac would normalize the thyroid gland. My wife was on two grains of thyroid since the sixth grade. After I met her, she started taking Essiac, and she hasn't taken a grain of thyroid since.

Rene also found that Essiac would heal stomach ulcers within three or four weeks. She felt that ulcers were a precursor to cancer.

Sir Frederick Banting, the co-discoverer of insulin, wanted to work with Rene. She had clinical cases where a person on insulin discontinued it with the Essiac, since no one knew how Essiac would interact with the insulin. Apparently Essiac regulated the pancreas in cases of diabetes mellitus. So these people then became insulin-free.

Another thing I've found with Essiac is that I've experienced almost perfect health. As you get older you think, well, I'm forty now, these things happen. Well, these things don't have to happen. Since I've taken Essiac, I've experienced almost perfect health. It's amazing. I sleep like a baby, have all kinds of energy, and no sickness, not even a cold or the flu.

I also worked with the AIDS Project Los Angeles through their Long Beach and San Pedro districts. They had sent 179 patients home to die. They all had pneumocystis carinii and histoplasmosis. Their weight was down to about 100 pounds. Their T-4 cell counts were less than ten. The Project gave me five of these patients. I took them off the AZT and the DDJ and put them on Essiac three times a day.

Those are the only ones alive today. The other 174 are dead.

ER: That is incredible — but what kind of lives are they leading today?

GG: They're exercising three times a day, eating three meals a day. Their weight is back to normal. For all intents and purposes you wouldn't know they were sick a day in their lives. But this information is not being disseminated either, because AIDS is on the horizon as another big moneymaker. The chairman of the AIDS project in Los Angeles makes over \$100,000 a year.

Even the alternative health care professionals are out there to control, not to cure. Alternative medical practice is just as mercenary and deceptive as the allopathic. No one wants a cure for cancer or AIDS.

***Nationwide in the water we drink over 2,100 organic and inorganic chemicals have been identified, and 156 of them are pure carcinogens.***

The alternative people are also into it for the money. What you're finding with Essiac is that it is not even allowed into the arenas of alternative health care. So really what you've got out here is people continually perpetrating these lies against mankind. For money. For money and power. It's that simple.

Really once you think about it, the only reason we don't have solar power is that no one's figured out a way to sell EXXON the sun. It's true. If they could, you'd have solar power. You know you'd have it.

ER: So, in your own personal experience, this herbal remedy works to — I'm going to just quote you

here and say "cure" — cancer, thyroid conditions, diabetes, AIDS, ulcers . . .

GG: It also cures the common cold. Essiac elevates the immune system. I've been taking one ounce a day for seven years, and in seven years I haven't had a cold, flu or virus.

ER: And all of this from a simple Native herbal remedy?

GG: Yes. Although Rene did alter it. She altered it with Turkish rhubarb root (*Rheum palmatum*). Turkish rhubarb has a 5,000 year history. It actually came up from India into China and then was taken by the British.

ER: Turkish rhubarb root certainly is not native in this country, nor available here. Herbals from foreign countries are fumigated and irradiated, so is it a good idea to use the Turkish rhubarb?

GG: You can substitute ordinary rhubarb root. The other two ingredients are burdock root (*Arctium lappa*) and the inner bark of slippery elm (*Ulmus fulva*). They are easy to obtain, usually. Sheep's sorrel, *Rumex acetosella*, is what destroys the cancer cells. The other three herbs are blood purifiers.

Essiac elevates the enzyme system and gives all cancer patients and all AIDS patients the enzymes that have been destroyed. Essiac elevates the enzyme system; it elevates the hormone system, which elevates the immune system, so the body can cure its own disease.

ER: What about quantities? Some herbals are toxic.

GG: Even its worst enemy could never lay claim that Essiac had any deleterious side effects whatever. You can take Essiac safely, through all the clinical trials that have been done, up to six ounces a day. That's two ounces in the evening, two in the morning and two around noontime. That's a high dosage. Rene had the correct herbs and she used as little as one ounce a week.

But look at the difference



between then and now. The food didn't have carcinogens in it, and neither did the water, nor the air. So what have we done? We've killed the air, killed the water, killed the food. So what's left?

Nationwide in the water we drink over 2,100 organic and inorganic chemicals have been identified, and 156 of them are pure carcinogens. Of those, if you have a tumor, 26 are tumor promoting, so they make the tumor larger. But of course this information is not available to the public either. Those figures are from tests conducted by the Environmental Protection Agency which have never been distributed to the public.

ER: How did you get the information?

GG: From a Ralph Nader organization out of Washington, D. C. The media has not disseminated this information. Another problem is that very few people read books any more. We can only hope they'll read *Calling of an Angel*. Of course, the problem right now is people getting the right herbs.

ER: Anything you'd like to add before we close this interview?

GG: I would like to say that I didn't do all this research because I feel I have a responsibility to other people. I did it because I have a responsibility to myself. I know that I've done all I can to disseminate this information and bring it to the people.

I was the first person to release this information on Essiac, how to make it, to the general public and say, here it is, here's the formula, here's the story. So now the story is out there and look what's happening — it's getting killed through a disinformation campaign. I mean Harvard, Temple, Tufts, Northwestern University, Chicago — all these institutions have tested Essiac with the right stuff, and they all came to the same conclusions as Rene Caisse. But all that information has been buried.

ER: Gary, it's been very interesting

to speak with you.

GG: It's been a pleasure. You're opening a Pandora's Box, you know, publishing this interview.

ER: I think you're the one who's done that. Would you tell people how to get your book and the information on Essiac?

GG: They simply call me in California at 310-271-9931. The book is \$35.00. The formula is free.

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In July 1991, the *Canadian Journal of Herbalism* published an article, "Old Ontario Remedies," about Essiac. The article gives specific information on the ingredients of Essiac and includes descriptions of the herbs. Sheep's sorrel, for example, is a folk remedy for tumors.

The article also warns of high oxalic acid content in two of the herbs, making the remedy unsafe for persons with kidney ailments or arthritic conditions.

The article concludes: "Essiac is not a hoax or a fraud. To hear experiences described by the patients themselves cannot help but convince observers that dramatic and beneficial changes definitely took place in many but not all of those who received the remedy. Although the focus on Essiac has been as a cancer treatment, it alleviated and sometimes cured many chronic and degenerative conditions because it cleanses the blood as well as the liver and strengthens the immune system."

Write: Ontario Herbalists Association, M. J. Pimentel MH, 7 Alpine Ave., Toronto, Ontario, Canada M6P 3R6 for information on obtaining a copy of the July 1991 issue, Vol xii, No iii of the *Canadian Journal of Herbalism*.

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# ESSIAC

## •supplies needed

5-gallon stainless steel pot  
3-gallon stainless steel pot, with lid  
Stainless steel fine-mesh double strainer  
Stainless steel funnel  
Stainless steel spatula  
12 or more 16-ounce amber glass bottles  
with airtight caps (not childproof caps)  
2 gallons sodium-free distilled water  
Measuring cup  
Kitchen scale with ounce measurements

## •essiac formula

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*)

## •preparation

*\* PURCHASE HERBS FROM  
DR. GLUM — ALL HERBS ARE  
MEDICINAL GRADE • ALL SHEEP SORREL IS WILD HARVESTED  
BY DR. GLUM — PHONE 310-271-9931*

1. Mix Essiac formula thoroughly.
2. Bring sodium-free distilled water to a rolling boil in 5-gallon pot with lid on. (Approximately 30 minutes at sea level.)
3. Stir in 1 cup of Essiac formula. 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 full heat for 20 minutes.
6. Turn off stove. Strain liquid into 3-gallon pot, and clean 5-gallon pot and strainer. Then strain filtered liquid back into 5-gallon pot.
7. Use funnel to pour hot liquid into 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 a 3% solution — mix 1 oz. 35% food grade hydrogen peroxide with 11 oz. of sodium free distilled water.*

## •directions for use

Heat 4 tablespoons [2 oz.] sodium-free distilled water in a stainless steel pot. Add 4 tablespoons of Essiac (shake bottle first). Mix and drink.

Take at bedtime on an empty stomach, at least 2 hours after eating.

Questions regarding recipe and dosage should be directed to the author:

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