

## ANTI-PLAGUE FORMULA

This fights outbreaks of any kind such as colds, flus and any rapid systemic infections.

4 oz black walnut concentrate  
4 oz wormwood concentrate  
4 oz marshmallow root concentrate  
4 oz oak bark concentrate  
4 oz lobelia leaf or seed concentrate  
4 oz mullein leaf concentrate  
4 oz skullcap leaf concentrate  
4 oz uva ursi, hydrangea or gravel root concentrate  
8 oz comfrey root concentrate  
32 oz Bragg's organic apple cider vinegar  
20 oz honey (raw, unfiltered, and local is best)  
20 oz vegetable glycerine  
8 oz garlic juice (fresh, raw, organic)

Each concentrate should be made individually. Start by soaking each herb for 4 hours or more in enough distilled water to cover them. After soaking, add more distilled water so that total added water equals 16 oz water per 4 oz herbs. Then simmer on very low heat in a covered saucepan or double boiler for 30 min. Strain and place into an uncovered clean pan and simmer down to 1/4<sup>th</sup> the original amount—4 oz. Each concentrate should be made separately and then mixed when entire formula is blended together. Approx 1 gallon will be made. (Note: To make eight ounces of garlic juice takes two full pounds of fresh (organic) garlic. Garlic juice is very powerful as it's the health equivalent of an antibiotic.

**Dosage: 1 tsp 3 times daily up to 1 Tbsp every 1/2 hour, depending on the patient's condition.**

We recommend that you store this in four amber, glass bottles. **Never** store anything in plastic that you are going to consume because plastic leaches chemicals into whatever is stored in it. You can order 4 oz of each of these herbs from Mountain Rose Herbs at (800) 879-3337. Or you can order from Pacific Botanicals at 541-479-7777. Pacific Botanicals only sells by the pound, however, so if you want to make just one recipe, get 3 other friends and order from Pacific Botanicals together, or make 4 gallons so you have plenty to help those around you.

If a severe, fast-spreading plague hits your area, you w

ill need it. This anti-plague formula will keep indefinitely. Lobelia seeds are more powerful than lobelia leaves, but are much more expensive, so we are going to make ours with half lobelia seeds and half lobelia leaves. Mountain Rose does not carry the lobelia seeds, but Pacific Botanicals does. We ordered the NOW brand of vegetable glycerine from MyVitaNet.com or call 800-807-8080. You can get the apple cider vinegar from your local health food store. We are estimating that it is going to cost about \$90: 2022 update, \$140 per gallon to make this anti-plague formula.