

Plague Remedy

By Dr. Christopher



Mix together the following herbs in a large bowl or container:

- 2 parts comfrey
- 1 part wormwood
- 1 part lobelia
- 1 part marshmallow root
- 1 part oak bark
- 1 part black walnut hull
- 1 part mullein
- 1 part skullcap
- 1 part uva ursi

Place the following liquids into a blender and blend until fully incorporated:

- 8 parts apple cider vinegar (use Bragg's brand or any kind with the mother)
- 5 parts vegetable glycerine
- 5 parts raw honey

Fill a jar 1/2 full of the herbal blend and cover with the liquid mixture. Stir real well allowing the herbs to absorb the liquids. Shake it up several times during the first day, adding more liquid as needed. Let the herbal tincture sit for 6 weeks on a counter or in a cupboard, shaking daily - if you remember. Strain the herbs at the end of the 6 week period and add 2 parts garlic juice (run garlic bulbs through a juicer). Keep stored in a glass container in a cool, dark area.

Dosage:

The regular dosage for an adult would be 1 teaspoon, 3 times a day for prevention and 1 tablespoon each hour during illness. Although follow your body and take as often as needed.