Dr. Christopher's Plague Remedy



MAKE AN HERBAL EXTRACT

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

DIRECTIONS

1. *Fill a jar ½ full of the herbal blend and cover with the liquid mixture. Stir well, allowing the herbs to absorb the liquids.*
2. *Shake it up several times during the first day, adding more liquid as needed. Let the herbal extract sit for 6 weeks on a counter or in a cupboard, shaking daily - if you remember.*
3. *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.

Basic Dosage

Adult 1 tsp, 3 times a day for prevention and 1 Tbsp each hour during illness. I always like to listen to my body and as often as I feel the need to take it - I take it! I prefer to add this to my food instead of taking a spoonful since it is very garlic tasting. It makes a wonderful salad dressing!