

\* Anti-Plague Formula \*

Ingredients:

4 ounces Black walnut concentrate  
4 ounces Wormwood concentrate  
4 ounces Marshmallow root concentrate  
4 ounces Oak bark concentrate  
4 ounces Lobelia leaf or seed concentrate  
4 ounces Mullein leaf concentrate  
4 ounces Skullcap leaf concentrate  
4 ounces Uva Ursi, Hydrangea or Gravel root concentrate  
8 ounces Comfrey root concentrate  
32 ounces Apple cider vinegar  
20 ounces Honey - raw, unfiltered and local is best  
20 ounces Glycerine  
8 ounces Garlic juice Sfresh, raw, organic

Each concentrate should be made individually. Start by soaking each herb for four hours or more in enough distilled water to cover them. After soaking, add more distilled water so that the total added water equals 16 oz. water per 4 oz. of herbs.

After adding the appropriate amount of distilled water to the soaked herbs, simmer on a very low heat in a covered saucepan or double boiler for 30 minutes. Strain this decoction and place into an uncovered clean pan or uncovered double boiler and simmer it down to the original amount, in other words, to 4 oz.

Each concentrate should be made separately and then only mixed when the entire formula is blended together. Using the amounts in this handout 120 ounces (approximately one gallon) will be made. If you desire to make less, just reduce all the proportions equally.

To make an eighth ounce of garlic juice takes one full pound of

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fresh garlic. Fresh garlic juice is extremely potent. That's what makes the formula work.