

Echinacea_Plus_Formula_2003.txt

Echinacea Plus Formula

How to make

Throw your fresh chopped-up Echinacea Angustifolia roots into a blender with 100 Proof Vodka / Everclear / Alcohol and puree. Pour mixture into a gallon jar so that by the time you are finished, at least 2/3rds to 3/4ers of the jar is filled with plant matter. Shake this mixture at least once a day.

Best is to make on the new moon and press on the full moon.

After you have pressed out the plant matter after a minimum of 14 days, you should have about 3/4'ers of you jar filled with your freshly made tincture.

Add 3 dropperfuls of Cayenne tincture and 3 dropperfuls of freshly squeezed Garlic juice. This is the Echinacea Plus formula.

Much love,

Doc

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