

Lobelia_Formula_2004.txt

Doc's Lobelia Formula

Lobelia (*lobelia inflata*)

Solution of 1/3rd Unfiltered Apple Cider Vinegar to 2/3rds 100 proof Vodka

On the New Moon, fill blender half full with Lobelia. Add your ACV/VODKA solution until it settles 2 inches above the top of the herbs. Blend it up like crazy. Put in a glass jar and store in a dark place. Shake once a day for 2 weeks then press (on Full Moon).....Dr. Ian Shillington