

Anti-Plague Formula

(Dr. John R. Christopher)

Mix well the following liquid (see below) ingredients:

8 parts apple cider vinegar

5 parts glycerine U.S.P.

5 parts honey

2 parts garlic juice, fresh

2 parts Comfrey root concentrate

1 part wormwood concentrate

1 part lobelia leaf and/or seed concentrate

1 part oak bark concentrate

1 part black walnut bark concentrate

1 part mullein leaf concentrate

1 part skullcap leaf concentrate

1 part uva ursi, hydrangea, or gravel root concentrate

1 part marshmallow root concentrate

To Make Concentrates:

Each concentrate should be made individually. Start by soaking the herb for four hours or more in enough distilled water to cover it completely. After soaking, add more distilled water so that the total added equals 16 oz. (.5 litre) water per 4 oz. (113 grams) herb. Use a multiple of these amounts for a larger quantity of formula. Using these amounts approximately one gallon (3.75 litres) of the formula will be produced.

After adding the appropriate amount of distilled water to the soaked herb, simmer the herb on very low heat in a covered pan or double boiler for thirty minutes. Then strain the liquid into a clean pan. Put the liquid into a double boiler or on very low heat (uncovered) and simmer (steam) it down to one-fourth of the original volume (4 oz. 125 ml.) Only after all ingredients have been prepared should the liquids be mixed.

DO NOT USE ALUMINUM, TEFLON, OR CRACKED PORCELAIN. Glass corning ware or stainless steel or whole porcelain are best.

This is the best remedy for colds, flu or any communicable disease (especially bacteriological). It strengthens and stimulates your immune system and should be used as a tonic and preventative at the dosage of one tablespoon of syrup per day. If infected, increase to one tablespoon per hour.

Made available courtesy of Dr. William Schnoebelen, ND, CNHP, MTS, MA and
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