

# Anti-Plague Ingredients and Directions

## (Makes about 1 gallon)

4 oz	Comfrey leaf cut	10 oz	Raw Honey
2 oz	Mullein cut	2-3 lbs	Fresh Garlic (not included in the kit)
2 oz	Skullcap cut	3 quarts	Raw Apple Cider Vinegar (not included in the kit)
2 oz	Gravel root cut	8 oz	Vegetable Glycerin
2 oz	Lobelia cut	3	64 oz Amber Glass Bottles
2 oz	Wormwood cut	4 yards	Cheese cloth
2 oz	White Oak cut		
2 oz	Black Walnut leaf cut		
2 oz	Marshmallow root cut		
2 oz	Uva Ursi cut		

### Instructions

#### Step One:

Separate the garlic cloves from the bulb. Discard the root of the garlic and the loose paper that comes off when separating the bulbs. You don't need to peel off the paper from each garlic clove. Put 1/4 of the garlic in a blender with enough vinegar to cover it. Pulse the blender so that it just cuts the garlic up into pea sized chunks. Don't puree the garlic. Pour the mixture into large glass jars that can be sealed. Repeat this process until all of the garlic and raw apple cider vinegar has been used. Soak the mixture for 4 days, shaking or stirring it at least once a day. The mixture may turn green. This is normal. On the 5th day press the mixture. Save the liquid and discard the pulp. Add the 10oz of raw honey to the liquid mixture to the jars of liquid. Stir or shake the jars until the honey is dissolved.

#### Step Two:

Cover each herb with 32 oz of distilled or reverse osmosis water and let it soak for 2 hours. Add the mixture to large pots and bring it to a boil. Turn down the heat and allow the mixture to simmer for 15 minutes. Separate the herb and the liquid. A second time, cover each herb with 32 oz of distilled or reverse osmosis water. Add the mixture to large pots and bring it to a boil. Turn down the heat and allow the mixture to simmer for 15 minutes. Separate the herbs and the liquid. Discard the herbs. Combine the liquids and simmer down to 3/4 quart. Stir occasionally. This takes a long time. After it has been reduced to 3/4 quart, let the liquid cool and then add the 8oz vegetable glycerin. Stir or shake the jars until the honey is dissolved.

#### Step Three:

Combine all of the garlic mixture from step one and the herb mixture from step two. Pour the liquid into jars that fit into the refrigerator. Label the jars noting the date that it was made and the name of the mixture. This will be good for 3-5 years if it is kept in the refrigerator.

