

## Dr. Christopher's Original Anti-Plague Formula

8 oz. Comfrey Leaf, cut, not powdered  
8 oz. Mullein Leaf, cut  
4 oz. White Oak Bark, cut  
4 oz. Marshmallow Root, cut  
4 oz. Black Walnut, cut

4 oz. Scull Cap, cut (process these together)  
4 oz. Gravel Root, cut

4 oz. Lobelia, cut (process these together)  
4 oz. Wormwood, cut

5 pounds of peeled or unpeeled, whole garlic  
cloves, minced (put in blender- peas size, not  
pureed)

2 Quarts Raw Apple Cider Vinegar  
1 Gallon Raw Apple Cider Vinegar

1 Gallon Vegetable Glycerin

6 Cups Honey, Raw

7 Gallons Distilled Water

### KEEP OUT OF SUN

1<sup>st</sup> Day: Put 4 large handfuls of garlic in  
blender and cover with 1 cup of apple cider  
vinegar (acv) & chop quickly to get the pea  
size chunks. DO NOT PUREE. Repeat until  
all garlic and 2 quarts of (acv) is processed in  
blender. Place in gallon jar for four days with a  
lid that allows airflow. Stir once a day using a  
wooden spoon. Because of the strong odor,  
you will want to keep this outside or in the  
storage room. On the fourth day, strain and  
wring garlic juice thoroughly through a cloth, I  
use muslin. Keep the juice & discard the dry  
pulp. I compost it. To this garlic mixture, add 1  
gallon (acv), honey, glycerin and stir with a  
wooden spoon.

3<sup>rd</sup> Night: Add 64 oz. Distilled water to each of  
the herbs. You will need 7gallon glass jars to  
do this as each one is processed separately,  
except the herbs listed above that can be  
processed together. Soak herbs and distilled  
water overnight.

4<sup>th</sup> Day: Using glass or stainless steel  
cookware, boil each herb with water mixture  
separately on medium-high heat 15 minutes.  
Then simmer each mixture 15 minutes. Strain  
off liquid and pour into garlic mixture. Stir with  
wooden spoon. Cover herbs with another  
64 oz. distilled water and repeat the boiling-  
simmering process one more time. After  
processing the herbs the second time, strain  
off liquid into garlic mixture and discard the  
herbs.

**This Anti-Plague formula needs no  
refrigeration.**

### Suggested Use:

\*Maintenance:

Adults	1 T per day
Children (8-12)	2 tsp per day
Children (3-7)	1 tsp per day
Children (1-2)	½ tsp per day

Acute Symptoms:

Adults	1 T per hour
Children (8-12)	2 tsp per hour
Children (3-7)	1 tsp per hour
Children (1-2)	½ tsp per hour

Shake well before each use.

Store in dark, cool place. "Mother" may  
accumulate at the top of the bottle. This is  
normal because of the cider vinegar it contains.  
Do not remove it. Shaking the bottle well  
before each use will take care of the "mother".

\*This product contains Comfrey. FDA warns  
prolonged use of Comfrey could cause liver  
damage. Some herbalists disagree.