

Red Plague Remedy

Information

Red Plague Remedy Story

The evening of the day I received the Red Plague Remedy recipe, I was filled with a consuming hunger to visit the temple. I *had* to go and nothing was going to stop me. Realizing that the temple would be closing in a couple of hours, I dashed out of the house, desperate to make it there. While driving, a feeling of sincere and deep yearning came to my heart. I wanted to do something for the Lord. I wanted him to use me. I told him so out loud.

Those feelings were set aside once I entered the temple and as I prepared myself for the session. After some preparations, I was situated and ready for the temple session to begin. I made myself comfortable in the chair I was seated in and was mentally ready to proceed with the session. Approximately one minute into the session, the Spirit whispered two distinct words into my mind, "*Olive leaf*".

"*Yes, olive leaf,*" I thought. "*It's a great herb.*" I then turned my attention back to the session. Once again, the Spirit spoke those two words, "*Olive leaf.*" "*I know.*" I agreed. "*Olive leaf is such a neat herb. I love olive leaf!*" After saying this, with much clarity and emphasis, the spirit said, "*There's more!*" With these words came the message and understanding: *Listen! This is important!*

I immediately realized that the Spirit was trying to share something with me and that I needed to listen. An understanding came to my mind that I was being told an important recipe for something "ugly" ahead. This was more of a feeling than actual words being shared with me.

"*Three colors,*" the Spirit told me. "*Yellow, brown/dark and red.*" I knew that I was supposed to figure out what these herbs were. For yellow I guessed yellow dock but the answer was silence, a no. I re-checked yellow dock just to make sure. Again, the answer was no. "*Yarrow! It must be yarrow,*" I thought. Once again there was silence, the answer was no. I re-checked this answer as well and was told that yarrow actually is a part of the remedy but that it is a part of the second part of the remedy. This is when I realized that this remedy was a two-part remedy. I kept this in mind.

"*Chamomile?*" was my next guess. "*Yes,*" came the answer. I double checked and possibly triple checked that answer. I was surprised that chamomile would be one of the herbs in this important recipe. After all, wasn't chamomile mostly just a soothing herb? I knew I needed to trust the answer I received. Now on to the next color...

Next came the brown / dark color. I saw this as a color in my mind rather than actually having a name to the color. "*Is it black walnut?*" I asked. The answer was no. "*Really?*" I questioned. "*Black Walnut is such a powerful herb and it would make a lot of sense if this were the herb for a remedy meant for a rather big illness.*" I thought. I asked if it was black walnut a couple more times to solidify the answer I received. The answer was no each time. Pau D'arco was my next guess. Without a doubt, the answer was yes. It was interesting to see the stark contrast between a clear yes and no answer, even if I did question the possible answer.

The last color to figure out was red. I immediately guessed, *“Is it Red Rooibos?”* The answer was yes. I also double-checked this answer.

Again and again I repeated back to myself the information being shared with me. I was concerned that I’d forget some of the details. Every now and then I’d “pop” into the reality of my surroundings and realize that, although I was only inches away from other people, the conversation and learning experience I was having with the Spirit was so vivid, real and intense that it was almost as if I was stepping back and forth between two dimensions.

After figuring out those first four herbs: Olive Leaf, Chamomile, Pau D’arco and Red Rooibos, I was told that there was more to this recipe. I was told that two cleansers were a part of this remedy. Burdock root and milk thistle were my first guesses and they were both correct.

I was shown an image of what the next herb looked like. I was told that I didn’t know what this herb was but that I’d find it in an herb book I have at home and that I was to remember its shape. I kept this in mind. Again, I went back and repeated everything that was being told to me, trying not to forget.

I was then told that those seven herbs were all the first part of the remedy and that I was to now figure out the second part of the remedy. I knew that yarrow was a part of this remedy and I re-confirmed this to be true. I was then told that cayenne is also a part of this remedy and that these two herbs were all that was a part of this second remedy.

Although I knew, because of what I was feeling, that this remedy would be something that would be used for an illness, I wanted to ask and clarify what it was for. “What is this remedy for?” I asked hesitantly. *“Plague!”* was the answer I received. I was told that it starts out similar to the flu but then quickly turns into something much worse. That’s all I was told about it. There was a knowing / understanding that the illness would hit society in the near future.

I then needed to find out how to make the remedy. The rest of the session, along with all the time spent in the Celestial room after the session, was spent asking the spirit questions and getting answers.

As quickly and as reverently as I could, I left the temple and rushed to my car where a much needed notebook and pen were waiting for me. I scribbled all the information down as quickly as I could. Upon coming home, I was led to an herbal book sitting on our book shelf and the first herb in the book was the herb that was meant for the recipe. It was Agrimony – an herb I was definitely unfamiliar with but was, without a doubt, the picture I saw in my mind. I confirmed this answer in prayer.

It took me several trips to the temple to solidify all the details of the recipe. I refused to receive answers outside of the temple, concerned that other influences might affect the answers I received. I wanted to make sure I was in the holiest place possible in order to get this recipe right. These extra temple trips were used to answer questions such as:

- What kind of alcohol should be used for this tincture?
- How strong should the alcohol be?
- What kind of water should be used?

- What were the ratios of water to alcohol for each herb?
- Could any of the herbs be made together or did they need to be made separate?
- How long did the remedy need to sit for?
- Should the remedy be kept in sunlight or out of sunlight?
- Should the herbs be in powder form or in cut and sifted form?

After the first temple trip I was curious as to what exactly these herbs were good for. I needed to see the full picture of what this remedy could do when all of those herbs were combined. After spending many hours, late into the night, researching the herbs' benefits, which I listed down on paper, I was shocked at what this remedy was for. The benefits from these herbs included things like: kills viruses, kills bacteria, boosts immune system, cleanses blood and organs, eliminates pain, reduces inflammation, relieves stagnation in all meridians, supports the lymph system, produces sweating, increases energy, reduces intestinal and muscle spasms and more.

But one common theme I saw as I looked at the list of benefits from all of the herbs was *blood* – benefits like: stops bleeding, regulates blood pressure, increases coagulation of blood, and protects blood vessels from damage came up again and again. This was when I realized that this was a remedy for a hemorrhagic type of illness - an illness that involves bleeding to death. I sat back in my chair, astonished.

The following recipe is a remedy that anyone can make. Once made, it will basically last forever. Each detail is what I was told to do. However, if for whatever reason, you do not have access to any of the exact herbs, purified water, or alcohol, I encourage you to take it to the Lord and have him direct you what to do. There are always answers and solutions to everything.

One extra bit of information I haven't shared yet about this remedy is that as I received the instruction in the temple for the first time, I saw this remedy being wiped over the forehead of a child. I knew that this was similar to how the blood of the lamb was wiped over the doors of the Hebrew slaves during Moses' time to protect the first born son's from death.

Originally I thought that this was one of the steps to using the herbs but that never felt quite right. It wasn't until recently that I realized that I was simply being shown that this remedy will be a protection to those who use it from the illness that sweeps across the land similar to how wiping lamb's blood over the door protected the first born son's. This act can also be compared to some promised blessing that are given during the initiatory session in the temple.

I do not believe that this is THE only remedy that will work for this illness. Heavenly Father doesn't work that way. This may be one of many remedies that will work for this particular illness.

Note: Some people have asked me how we know if this remedy works. Although I don't have proof of its efficacy, I have had one person let me know that she chose to use her remedy for her husband's rather serious case of pneumonia. She told me that they were pleasantly surprised to see the pneumonia almost completely cleared up after 24 hours of using the remedy.

Another question I'm frequently asked is how do we know when to use the remedy? The only answer I have is - you'll know. Especially if there's a fast spreading illness going around that causes bleeding.

The recipe makes approximately 110 sets. I realize this is far more than the average family will need. This is, however, the recipe that was shared with me. I think it would be a good thing if groups of people got together to make the recipe to have more of the remedy made for larger numbers of people.

I do not consider this recipe "mine". This recipe can be freely made and shared with others.

If, after thoroughly and carefully reading through the recipe, you have some questions, feel free to email me at HealthyPreparedness@gmail.com. Please know that due to the large volume of emails I receive on a daily basis, it may take me some time to respond to your question(s).

Red Plague Remedy Recipe

Will make approximately 110 sets. Each set is enough for one person for a week and a half. It would be most ideal to have 2 sets per person. (Recipe can be cut down to make less.)

1st Preparation Day (1st New Moon Day)

(Prepare this tincture on a New Moon day.)

WHAT YOU'LL NEED:

- **Everclear – 19, 1.75 liter jugs.** (If you're in Utah, you have to order this size in from this site: http://abc.utah.gov/online/special_orders.html. It may take 6-8 weeks to come in.)
- **64 quart jars with plastic white lids.** (Plastic lids won't rust during 4 week steeping time.)
- **Reverse osmosis / pure water.** (Best option would be to use water filter system in a grocery store that puts reverse osmosis water through carbon filter and UV light.)
- **Quart jar funnel.** (Not necessary, but helpful.)

- **Herbs:** (purchase from Mountain Rose Herbs, Starwest Botanicals (DO NOT get Olive Leaf from Starwest – all other herbs will be just fine), San Francisco Herbs, or other.
 - o **Olive Leaf, cut and sifted – approx. 31 oz / 1.9 lbs / 15 ¾ cups**
 - o **Chamomile, German, cut and sifted – 12.5 oz / 0.8 lbs / 12.5 cups**
 - o **Pau D'Arco, cut and sifted – 5.4 oz / 0.3 lbs / 4.5 cups**
 - o **Red Rooibos, cut and sifted – 11.4 oz / 0.7 lbs / 4.5 cups**
 - o **Agrimony, cut and sifted – 10.8 oz / 0.7 lbs / 9 cups**
 - o **Milk Thistle seeds, whole – 52 oz / 3.25 lbs / 8.25 cups**
 - o **Yarrow, cut and sifted – 167.2 oz / 10.5 lbs / 44 cups**
 - o **Cayenne, powder – 22 tsps**
 - o **Burdock Root, cut and sifted – 20 oz / 1.25 lbs / 4 cups (+ 10 cups water)**
 - **Note:** Burdock Root will be made on the LAST day of the 4 week time period.

TINCTURE MAKING PROCESS:

Make sure all of the supplies and materials have been sanitized or washed well before using.

Prepared tinctures will sit in a dark place for 4 weeks from one new moon to the next – a total of 4 weeks. Shake jars once every day or two during that 4 week time frame.

New moon dates for 2016:

April 7 th	Sept 1 st
May 6 th	Sept 30 th
June 4 th	Oct 30 th
July 4 th	Nov 29 th
August 2 nd	Dec 28 th

At the end of the 4 week time frame, you will place the prepared tincture jars either outside or next to a window *the day before* the next new moon to allow the outside light to affect the tincture for approximately 24 hours. For example....

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2016					1	2
3	4	5	6	7 New Moon Prepare Tincture	8	9
		Store in dark place - shake every day or two				16
17	18	19	20	21	22	23
		Store in dark place - shake every day or two				30
24	25	26	27	28	29	30
		Store in dark place - shake every day or two				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2016						
1	2	3	4	5 New Moon Set tinctures outside or by window.	6 New Moon Strain & Bottle Tinctures	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

You will strain and bottle the tincture, after the 24 hour sunlight time, at the end of the 4 week time frame, according to the instructions in the “2nd Preparation Day – 2nd New Moon” section. (Still do this step even if it’s cloudy.)

1st Day Instructions:

Note: To turn your everclear solution into a 75% solution – mix 1 $\frac{3}{4}$ cups of reverse osmosis / pure water with each jug (1.75 liters) of everclear.

Note: If you cannot get everclear, pray if using a 100 proof vodka will be okay. I would increase the dosage some if using alcohol other than everclear.



Olive Leaf-

1. Fill 7 quart jars $\frac{3}{4}$ of way full with olive leaf that has been pulsed in blender some – just to break it up some. If you’re using whole leaf olive leaf, pulse in blender until cut into small pieces.
2. **Dilute everclear to a 75% solution** using filtered water (from Smith’s or a health food store – the kind of water filters that use both carbon filters and UV light).
3. Cover the herbs with diluted everclear up to bottom rim of the jar (see image).
4. Place plastic white lid on top, label jars, shake, and store in dark place.

Chamomile-

1. Fill 5 quart jars $\frac{3}{4}$ of the way full with chamomile that has been pulsed in blender some.
2. **Dilute everclear to 75%** using extra filtered water (from Smith’s or a health food store – the kind of water filters that use both carbon filters and UV light).
3. Cover the herbs with the diluted everclear up to the bottom rim of the jar (see image).
4. Place plastic white lid on top, label jars, shake, and store in dark place.

Pau D’arco and Red Rooibos-

1. Fill 3 quart jars $\frac{3}{4}$ of way full with a mixture of **half pau d’arco and half red rooibos** that have each bend pulsed in the blender a bit.
2. **Dilute everclear to 75%** using extra filtered water (from Smith’s or a health food store – the kind of water filters that use both carbon filters and UV light).
3. Cover the herbs with the diluted everclear up to the bottom rim of the jar (see image).
4. Place plastic white lid on top, label jars, shake, and store in dark place.

Agrimony-

1. Fill 3 quart jars a little less than $\frac{3}{4}$ of the way full (about $\frac{1}{2}$ inch below $\frac{3}{4}$ of the way full) with agrimony that has been pulsed in blender some.
2. **Dilute everclear to 75%** using extra filtered water (from Smith's or a health food store – the kind of water filters that use both carbon filters and UV light).
3. Cover the herbs with the diluted everclear up to the bottom rim of the jar (see image).
4. Place plastic white lid on top, label jars, shake, and store in dark place.

Milk Thistle-

1. Fill 4 quart jars $\frac{3}{4}$ of the way full with milk thistle that has been pulsed in blender enough so that the milk thistle is nicely broken up.
2. **Dilute everclear to 50%** using extra filtered water (from Smith's or a health food store – the kind of water filters that use both carbon filters and UV light).
3. Cover the herbs with the diluted everclear up to the bottom rim of the jar (see image).
4. Place plastic white lid on top, label jars, shake, and store in dark place.

Yarrow-

1. Fill 4 quart jars $\frac{1}{2}$ way full with yarrow that has been pulsed in blender enough so that the yarrow is almost a powder.
2. Add in $\frac{1}{2}$ tsp of cayenne.
3. **Dilute everclear to 50%** using extra filtered water (from Smith's or a health food store – the kind of water filters that use both carbon filters and UV light).
4. Cover the herbs with the diluted everclear up to the bottom rim of the jar (see image).
5. Place plastic white lid on top, **label jars**, shake, and store in dark place.

Keep all of these quart jars in a dark place. Shake every day or two. (Remember to take out 24 hours before the new moon day and place in daylight for a day.)

2nd Preparation Day (2nd New Moon Day)

STRAINING AND BOTTLING THE TINCTURES:

What you'll need:

- **Straining material** such as chiffon or another material with a tight weave that would work well for straining purposes. You can also use 2 paint strainers purchased from a hardware store like Home Depot.
- **110, 4 oz tincture bottles with dropper** (Industrial Container Supply Company in Salt Lake)
- **110, 8 oz tincture bottles with cap** (Industrial Container Supply Company in Salt Lake)
- **Sieve**

- **Medium sized bowl**
- **Large pot or 5 gallon food storage container** – enough to hold approx. 55 cups / 5 gallons
- **Funnel** (For pouring the tincture solution into the tincture bottles.)

Note: Prepare the Burdock Root before doing any of the other steps for this day. This will allow the burdock root to cool down while doing all of the other steps.

Burdock Root-

1. Lightly simmer 4 cups of burdock root in 10 cups of pure / reverse osmosis water for 40 minutes in **covered** pot.
2. Allow to cool down to room temp.
3. Strain and add to other tincture liquids when mixing them all together.

HOW TO STRAIN HERBS:

When straining your herbs, place the straining material over a sieve that has been placed over a bowl. Pour the tincture from the quart jar into the material allowing it to drain some then, pulling up all corners of the material, squeeze the bag until all the liquids have been pressed from the bag.



(Note: It makes it easier to strain the herbs when using a much larger piece of fabric than the one shown in this image.)

Transfer the liquid that has collected in the bowl into a larger bowl or pot that will hold the liquid from **all** of the strained herbs (besides the yarrow) and repeat the process with the remaining jars until done.

(Note: Do not mix the yarrow tincture in with your other herbs – yarrow stays separate!)

STRAINING HERBS INSTRUCTIONS:

1. Strain each of the following herbal tinctures and then pour the liquid from each jar (**besides the yarrow**) into one large pot / container with the rest of the herbal tinctures. **Once again, DO NOT mix the yarrow tincture in with these – yarrow stays separate.** Strain and mix together:
 - a. Olive leaf – liquid from all 7 jars
 - b. Pau D'arco and Red Rooibos – liquid from all 3 jars

- c. Chamomile – $\frac{3}{4}$ of tincture/liquid from each of the 5 jars (save rest for personal use: tummy aches, insomnia, stress, or tension.)
- d. Agrimony – liquid from all 3 jars
- e. Milk thistle – liquid from all 4 jars
- f. Burdock Root decoction, room temp. – all of liquid from strained decoction (tea).

Mix those 7 strained herbs / teas together in large sanitized pot or 5 gallon container. (NOT the yarrow.)

Stir and, using a funnel, pour the herbal mixture into 4 oz jars.

Label jars and store away, preferably in a dark room. Keeps for 20 years or more.

STRAIN and BOTTLE the YARROW:

Strain the yarrow the same way the other herbs were strained – **but DO NOT mix in with the other herbs.** Keep yarrow separate from the rest. The yarrow is the **#2 tincture** and will be bottled separate from the rest of the herbs.

Pour the strained yarrow tincture into the **8 oz jars**. Label and store away, preferably in a dark room. Keeps for 20 years or more.

Instructions to place on label:

Red Plague Remedy – Olive Leaf, Chamomile, Agrimony, Red Rooibos, Pau D'Arco, Burdock Root, Milk Thistle

(Tincture #1)

Shake before using.

Dosage for active infection:

Adults: 45 drops in water or juice, every 2 hours.

Children: 30 drops in water or juice, every 2 hours.

(Use less as symptoms subside.)

Follow up with tincture #2 - 20 minutes later.

Red Plague Remedy – Yarrow & Cayenne

(Tincture #2)

Shake before using.

Dosage for active infection:

Adults: 50 drops in water or juice every hour or as needed, 20 minutes after using tincture #1.

Children: 35 drops in water or juice every hour or as needed, 20 minutes after tincture #1.