

Plague Killer by Gilbert in Texas

For those of you who can resist the urge to spend great sums of money on doctors, emergency rooms, prescription medicines, and over-the-counter drugs, and who can bear to live without the sorry side effects of all the above... but who also do not want to become prey to any "bug" whether flu or cold, here is a tried and true ancient remedy that works on the plague, the flu, or whatever ails you. Warning: It is cheap, easy, fast, and thorough and its only side effect is to startle your senses. :-)

1 white onion, peeled and cut into quarters

1 entire head of garlic, peeled

4 fresh or dried cayenne peppers, stems removed, chopped

4" horseradish root, peeled and chopped

4" ginger root, peeled and chopped

Approximately 1 quart organic apple cider vinegar

(Optional but recommended: wearing plastic gloves when chopping peppers if you have sensitive skin)

1. Put all ingredients in a blender and cover with the apple cider vinegar.
2. Puree.
3. Bottle in glass container(s) and store in a cupboard at room temperature. (The vinegar prevents spoilage almost indefinitely; it will turn dark, but that's ok.) You can use it like you would preserves if you are making more than your household will consume in a year.

Take 2 T morning and night at the first sign of a cold or flu. If you wait until you're sick to take it, take an additional 2 T midday as well. If I'm going to be around anyone who may be sick or in a public place when something is "going around" I go ahead and take 1 T in the morning and in the evening as a preventative measure. You can't overdose on the stuff; it's food!

Testimony: I have not been sick in 5 years. I get no flu shot. I used to get annual colds and the flu or the flu shot. I am over 50 years old. I take this stuff when there's a chance I might come down with something or whenever I feel "under attack" by some unseen virus. It works. --kay

Side effects of vinegar: general good health and higher rate of metabolism (increasing energy, sharpening mind, and aiding in control of weight)

Side effects of garlic, chiles, horseradish: healthy heart and circulation

Side effects of ginger: reduction of inflammation and fever