

## QUICK REFERENCE SHEET

# APL

*(Formerly Anti-Plague)*

Black Walnut Hulls, Black Walnut Leaf, Comfrey Root, Lobelia, Marshmallow, Mullein Flower, Mullein Leaf, Oregon Grape, Plantain, Red Clover, Skullcap, Uva Ursi, White Oak, Wormwood



0.75 Comfrey  
0.25 Lobelia  
0.25 Marshmallow  
0.25 Mullein  
0.25 Oregon Grape  
0.25 Plantain  
0.25 Red Clover  
0.25 Skullcap  
0.25 Uva Ursi  
0.25 White Oak  
0.25 Wormwood  
0.125 Black Walnut Hulls  
0.125 Black Walnut Leaf

**Total Herbs 3.5 oz**  
**Tincture Ratio - 1:11 \ Garlic 1:1.5**

This formula is the “big guns” of herbal remedies for fighting contagious illnesses. The combination of the herbs and the Garlic in this blend tastes (and smells) pretty dreadful. Sometimes this level of response is what is needed, however. My kids used to say that they immediately got better if I just took the lid off the bottle and let the fumes out into the house. I’m sure they were exaggerating just a bit!

Use APL for bacterial or viral-based flus and pneumonia. It can be used during the flu season, or when you have been exposed to an ill person, as a preventative—if you are a courageous person and don’t mind things that taste bad.

Instructions for making APL: The herbs should be tinctured in apple cider vinegar. You must use real apple cider vinegar, not the “flavored” kind. This recipe has 3.5 ounces of herbs so you will need approximately 39 oz of vinegar. Let the herbs stand in the vinegar for two weeks, shaking daily, then strain. Peel and chop 1/2 lb. of Garlic. Blend the Garlic with approximately 12 oz vinegar to make a thick soup. Tincture the Garlic for the same 2 weeks, again shaking daily, then straining. Mix the herb and Garlic mixtures with approximately 1 1/4 cups of vegetable glycerin and 3/4 cup of honey. This recipe makes about 1/2 gallon of APL. The dosage is 1 to 3 teaspoonsful 3 or 4 times a day. If I were fighting something particularly nasty, I would take as much as my stomach could handle.

APL and BHM contain the same herbs, but the processing methods are different. APL is processed in apple cider vinegar, and you must also tincture fresh Garlic in apple cider vinegar and add it to the APL.