

# Plague Tonic in Pictures

Dedicated to the Fall 2014 class of Fermentation 101. Welcome to the world of culture!

It's that time of year again...time to prepare for cold and flu season, especially because flu shots are being given. If you didn't know already, flu vaccines [shed](#). That means if someone in your home or office gets a flu shot, you could get the flu just being around them.



So, there are an awful lot of "bugs" out there and we will be prepared to fight them in a few weeks with our plague tonic. When I've felt something coming on, I take a tablespoon 3 times a day, and usually can fight off whatever is trying to take hold. Friends and family who've been sick for a while and "just can't shake" something, try the tonic and experience healing within a couple/few days.

Let's get started. You're going to need a glass jar (probably a quart) with a plastic lid (it will eat metal) and some Bragg's Apple Cider Vinegar (unless you can get homemade).

**You'll need equal parts of fresh chopped:**

Garlic

The hottest peppers you can get your hands on

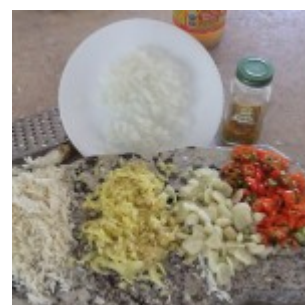
Onion

And equal parts of grated:

Horseradish root

Ginger root

Turmeric root (this can be hard to find, so if all else fails, use a nice big teaspoon of turmeric powder).





Place all the ingredients in your glass jar so it's filled to a couple inches below the lid.



Cover with ACV and put on the plastic lid. Shake well & add a bit more vinegar to bring up to about 1/2 inch of the top of the jar.



Label your jar with the date. For those of you who know me well, I always include "Love & Gratitude" on the label based on the work of [Emoto](#). If you have lots of different jars going, you might want to put "Plague Tonic" on the label also.



Every day for the next 2-3 weeks, you're going to shake your jar a couple/three times a day. After that, you can filter it through an unbleached coffee filter (or cheesecloth). The "chunks" can be dried and used later as spice if you like (I crush mine with a mortar and pestle).



At the first sign of cold or flu, take a tablespoon (can be diluted for grown-ups and should be for kids). Two to three times a day will stop most bugs in their tracks.

As always, wishing you REAL food (and tonics), for REAL health (without meds) so you can be REAL happy.

Thanks to Vicki R. and [Granny Good Food](#) for sharing this two years ago. You've helped many more than you know.

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