

**REMEDIES AND INSTRUCTIONS  
GIVEN BY HEAVEN FOR  
THE END TIME**



**ENOC**

# **Remedies and Instructions Given by Heaven for the End Time**

## **FOREWORD**

Dear Brothers in Christ and Mary Most Holy.

This little booklet contains some recommendations and natural remedies that have been compiled through various instruments chosen by Our Lord Jesus and Our Mother in Heaven to cope with the current diseases and those that will come from the pollution and supernatural events.

God in His infinite mercy does not forget His children, on the contrary He has always been waiting for each of us and in these end times that we live, is touching the door of our hearts for us to open. And that is why He has sent through His instruments the natural remedies so that we can cope with the diseases that will come in difficult times, diseases that are unknown to the science. Let's have trust and faith in God in the times to come, that for God nothing is impossible. With His Love, everything is possible.

Let's get ready in prayer and also in collecting medicinal plants to store them in tightly closed glass jars.

May the Lord Jesus Christ and Our Mother in Heaven give you your blessing.

Hector

*“They will face the famine, diseases without apparent cure and the total lack of morals as have never been in the history of mankind. A man without faith will feel that he collapses before such events, and he will collapse if he does not receive the Love of My Son and Mine. Children: Do not ignore these calls, you must prepare spiritually, strengthen and strengthen in faith; in this way the strength of the Holy Spirit will fill you with the necessary strength so that each one of you has the certainty that it is held in the Palms of the Divine Hands. ”*

*BLESSED VIRGEN MARY, 14-06-2013*

*NATURAL AND SUPERNATURAL REMEDIES GIVEN BY HEAVEN TO MARY JANE EVEN, LUZ DE MARÍA, MARIE-JULIE AND OTHER INSTRUMENTS BY OUR LORD JESUS CHRIST AND THE BLESSED VIRGIN MARY*

**USE OF SACRAMENTALS**

*"Do not forget the use of the Sacramentals, but above all do not forget that if they (man) do not remain in Grace, they (the Sacramentals) would not fulfill their mission." BLESSED VIRGEN MARY, 18-04-2012*

*"I, your Lord, who look beyond where you look, invite you again to prepare in every aspect. Keep Sacramental, bear My Cross, the Holy Rosary and do not forget the Scapular. But I must tell you that if the state of the soul is not correct; if the creature has not confessed its sins, if it does not repent and makes a firm purpose of amendment, the Sacramentals will be only an ornament. In order to protect them from demons and show My Presence and that of My Mother in them, the creature must remain in a state of grace, in a desire for conversion. Anoint the door frames of your homes again with holy water or holy oil and place with love and respect the sign of My Cross and the medal of My Blessed Mother, under the invocation of the Miraculous Medal. " OUR LORD JESUS CHRIST, 05-01-2011*

*"Today it is My Love that alerts you to remain in Grace, to carry the sacramentals, not to forget those "medicines of faith" that I have revealed to you for unknown diseases, to bless whatever you ingest, to prepare with everything you need, to conserve in each home, not only the Holy Scripture but books of devotion, not to forget the holy water to signify each day, to pray the Holy Rosary as a family and to be Love in the likeness of My Son.  
Little children: we give them the earnest and more to defend themselves, to protect themselves." BLESSED VIRGEN MARY, 13-08-2009*

*"Children, do not forget the use of the sacramentals. They provide protection at this time. Do not forget the holy water ... use it, it is for you, it is for the protection of My People, it is a blessing for My People. Beloved bless their homes, bless their bodies, bless their brothers with the Word. I bless you at this moment be a blessing to your fellow man. Let My Likeness be true, crystalline, pure love; Live My Word. " OUR LORD JESUS CHRIST, JUNE, 2009*

Below are some recommendations to consider when preparing each home. MESSAGE FROM THE BLESSED VIRGIN:

EVERY HOME SHOULD HAVE A SPECIAL PLACE DEDICATED TO THE HOLY TRINITY, AND THE IMMACULATE HEART OF HOLY MARY:

- + Blessed candles
- + Crucifix
- + Blessed oil
- + Incense
- + Blessed palm
- + Rosaries
- + Bible
- + Prayer books.

## **THE THREE DAYS OF DARKNESS**

Only the blessed candles will light, one of these candles will suffice for each home. During the three days of darkness, they will not light in the houses of the wicked and blasphemous.

## **FATAL PESTS**

It will attack the respiratory system first, then produce severe headaches and end with intense burning like fire inside the body.

Swallow a piece of thin paper on which you should write:

*Oh Jesus, conqueror of death, save us, or Crux Ave.*

## **POLLUTED AIR**

Put on the medal of Saint Benedict and other Sacramentals

## **FOR THE ANIMALS**

A medal of Saint Benedict will be put on their neck (the Virgin advised all the people should wear a medal of Saint Benedict-Our Lady of the Roses, help of the mothers)

## **DURING THE PERIOD OF GREAT CALAMITIES**

Earthquakes, wars, floods, etc., we must recite the following prayer to the Holy Cross:

"O adorable Cross of my Savior, I praise you, I adore you, I embrace you. Protect us, keep us, save us. Jesus loves you so much, that by His example, I love you. By Your holy image, calm my fears and let me only feel peace and trust."

Note: For earthquakes

Put adhesive tape on the asterisk-shaped glasses.

They must pass the frames of the doors and windows of their homes with blessed oil and put a medal of Saint Benedict along with a small cross in each window. It does not necessarily have to be visible. "When the strongest earthquake comes, it will happen like this: the houses of others will collapse but have not been for those houses protected with blessed oil or with small crosses placed everywhere in the house with faith and confidence." The more sinful the place, the more infected will be the soul and the sign of God will come stronger on the place and on the people. "

## **GREAT THUNDERSTORMS**

The following should be recited. Prayer to the Cross, revealed by Our Lord:  
"O Crux Ave, Spes Unica! Et Verbum caro Factum Est."  
O Jesus, Conqueror of Death, Save us "

## **WARS AND REVOLUTIONS**

Our Lord revealed to her during an ecstasy: To dissipate all fear and terror, you will touch your foreheads with a blessed medal or picture of MARY IMMACULATE. Your spirit will be at peace. Your heart will not fear the terror of men. Your spirit will not feel the effects of MY GREAT JUSTICE.

## **UNKNOWN DISEASES:**

*"People of My Son, you must be aware of everything that invades you right now, you must wake up spiritually, and you must also wake up in other aspects, such as food, you must be aware that you are being killed day by day, the Temple of the Holy Spirit is being invaded by all the unknown diseases, and those diseases that you suffer now are the cause of the contaminated food that you ingest. The Earth is totally sick ... and you feed on sick fruits, a serious consequence of man's outrage towards the Creation that the Father bequeathed you, you eat adulterated food and do not worry about it. " BLESSED VIRGEN MARY, 03-10-2014*

(Received during an ecstasy) A medal of My Divine Heart, a medal that bears My Adorable Cross, you will put both medals in a glass of water (it can be made of metal or cardboard) you will drink that guide that it has been doubly blessed and purified. a single drop in your food will be enough to eliminate, not only the plague, but the scourge of my Justice.

(THE MIRACULOUS MEDAL), by itself meets the necessary conditions, you will give a drop of this water to the poor souls who have suffered the scourge of unknown diseases, those that attack the heart, the spirit and the word.

You can also make these sentences for unknown diseases.

This cure is for 12 days in its entirety. It is divided into two consecutive parts:

First part:

- 1- The Holy Rosary is prayed
- 2- 7 Our Fathers, 7 Hail Mary's, 7 Glories to Jesus
- 3- The sign of the Cross is made 3 times and when doing it they should say: "Jesus and Mary, I beg you, take away this sickness and cure me"
- 4- Then you drink a quarter of a glass of Holy Water

All this must be done for 7 days, then on the 8th day the following is done:

Second part:

- 1- The Holy Rosary is prayed
- 2- 5 Hail Mary's and 5 Hail Holy Queens for the Virgin Mary
- 3- The sign of the Cross is made 3 times and it is said: "Jesus and Mary, I beg you, take away this sickness and cure me".

4- Drink a quarter of a glass of Holy Water.

This is done for 5 days.

### **CONTAMINATED WATER**

Boil water with the Miraculous medal for 14 minutes.

Prepare large containers and sprinkle the exorcised water on the food and in your drinking water.

*“Bless the water you are going to drink, it is already contaminated and will cause great illness to humans. Use the sacramentals and do not stop praying the Holy Rosary through which they receive infinite blessings. Come to Me without fear, I am Love, I bless you. ” OUR LORD JESUS CHRIST, 19-10-2011*

### **VARIOUS DISEASES**

For infusion use:

**THE HERB OF ST. JOHN** (*Glechoma hedecea* Creeper outside in trees) especially for severe conditions and for chest pains and severe headaches.

**HAWTHORN** (*Craetagus oxyacantha*) to use in case of cholera that will be frequent and will be widespread (Use it as directed by the Blessed Virgin).

#### **Way to use Hawthorn, according to Our Lady:**

"There will be a disease that human science will not be able to alleviate, this disease will first attack the heart, then the mind and at the same time the tongue. It will be horrible, The heat that will accompany it will be an unbearable and so intense that the members of the body affected will turn red, a fierce red,. After seven days, this disease that will have been sown as the seed in the field (incubation period) will spread rapidly everywhere, making great progress.

My children there is only one remedy that can heal you, you know the hawthorn that grows in almost all hedges, the leaves of the hawthorn (not its branches) can stop the progression of this disease. The leaves of the hawthorn, although dry, will retain its effectiveness. You will put it in boiling water and leave it for **about 14 minutes** covering the container so that the steam does not go away. At the beginning of this disease, this remedy should be used three times a day, this disease will produce continuous vomiting and nausea. If the remedy is taken too late, the affected part of the body will turn black and a kind of pale yellow stripe will appear on the black. "

**THE HUMBLE VIOLET:** (*Viola Odorata*) for unknown fevers, the perfume and virtue of humility will be effective.

### **EPIDEMIES**

The Lord grants the great St. Benedict the power to relieve the great calamity, a fervent procession of the image, without fear or apprehension, could stop all calamity.

### **EARTHLY AND CELESTIAL FIRES**

The Sacred Heart of Jesus: the heat will be terrible.... a sign of the cross made with holy water will



deminish the heat and drive away the sparks. You will kiss 5 times small, indulgences crosses. Crosses placed on the five wounds of Jesus Crucified in a sacred image. Such protection will benefit the souls of poor sinners who invoke My Immaculate Mother, Mother of Salvation, Refuge and Reconciliation of sinners.

## **PROTECTIVE OBJECTS**

The Blessed Virgin: "Always have at hand your objects of protection, your blessed candles, your medals, holy images and sacred objects into which all graces flow," says The Blessed Virgin "My children, it is faith and trust the most precious of all the prayers and the one that gets the most ". (See Sacramentals)

## **PLACES OF REFUGE**

Revelation of the Divine Heart of Jesus to Marie-Julie:

"My dear there are three shelters (for the time of tribulation)

MY DIVINE HEART, MY DIVINE CROSS AND MY DEAR IMMACULATE MOTHER "Santa Ana said the same to Marie-Julie: YOU WILL HAVE VARIOUS REFUGEES AT THE TIME OF PUNISHMENT. THE CROSS, THE ADORABLE DIVINE HEART OF JESUS AND THE VIRGIN HEART OF MY IMMACULATE DAUGHTER "

## **THE BLESSED GRAPES**

Christ indicates that we must look for a priest and ask him to bless a bunch of grapes (or only one grape because one blessed grape can be used to bless other grapes and can feed two people if they have faith and are properly prepared). This will be useful for times of food shortage.

To bless the other grapes:

Take one grape blessed by a priest and use it to bless the remaining ones with it as follows:

Cut each remaining grape away from the bunch with scissors so each one will have a piece of stem attached to it.

Each of the new grapes is blessed by rubbing it with the grape that was originally blessed by a priest while saying at the same time: "In the Name of the Father and of the Son and of the Holy Spirit, Amen."

Then store the blessed grapes in sterilized containers. Fill  $\frac{3}{4}$  parts of each container with grapes and then add wine or brandy (no other liquor) until each container is full. Close the container properly. The blessed grapes will keep for as long as necessary until the time when they will be consumed. These blessed grapes may be shared with the others for them to bless grapes of their own.

During one of the apparitions of the Most Holy Virgin Mary to Mamma Rosa Quatrinni, seer of San Damiano (1964-1970), Italy (deceased), Our Lady blessed a bunch of grapes for her telling her that those grapes would feed all those who believed in the nutritional value of the grapes and who would

eat them during the days of the antichrist (the mark of the beast, wars, famine, droughts, the plagues, catastrophes, calamities, and diseases).

Then Virgin Mary indicates how to transfer the blessing of the grapes from one Blessed Grape to a new bunch of grapes so that more people may benefit from them.

When the grapes are still attached to the bunch, wash them thoroughly in a solution of water with one or two drops of liquid soap and then rinse them. Then each grape is cut away from the bunch with scissors leaving a piece of stem on each one. Then take one Blessed Grape and rub it against one new grape making the Sign of the Cross on it while saying: "In the Name of the Father and of the Son and of the Holy Spirit. Amen". Beforehand, prepare a clean glass container with a lid that seals well.

Certain prophecies have seen the light which state that the soldiers who go fight under the flag of Jesus and Mary and against the forces of the antichrist will be guided by Saint Michael the Archangel.

These men will be full of strength, and yet they will not require food/nourishment. This will amaze other people who will join the soldiers thus increasing the small Marian forces until it turns into a gigantic army. These people will fight until they topple the forces of the antichrist. The Most Holy Virgin has told many saints and seers that these troops will be nourished from Heaven. Perhaps the Blessed Grapes are one of the many miracles of the end times seen by saints of years past in their visions.

## **SHORTAGE OF FOOD OR FAMINE**

"Beloved daughter, a spoonful of honey and some nuts will be enough nourishment for the survival of the body. They provide what is necessary for all organs to function properly. Mention this to My Children so it will be a blessing for them in times of famine."

## **VACCINE WARNING**

NOVEMBER 16 2016 2:05 P.M.

URGENT CALL OF MARÍA AUXILIADORA TO THE PEOPLE OF GOD

Little children of My Heart, may the peace of my Lord be with you and my maternal Mantle always have you covered.

Little ones, watch out for the vaccines that are going to be distributed by the organizations and foundations at the service of the Elites illuminantis, because these vaccines are lethal and seek to diminish a large part of the world's population. The laboratories that work for these entities are producing millions of these vaccines, which are going to be sent and distributed to the population of developing countries and in Africa. All this macabre plan will be carried out with the complacency of the governments of these nations.

Millions of these vaccines produce instant death; others produce diseases, especially cancer and many others, produce deformations and malformations in the fetuses of women on tape. These lethal vaccines are already stored and ready for distribution. For each disease of the human body

there is a vaccine, which when injected into the populations of these countries. This will cause the death of millions of people.

Be very careful with vaccines to control viruses and epidemics, especially that of influenza, because through it, they seek to reduce much of the world's population. A whole scheme is being planned and will be involved in it: laboratories, pharmaceuticals, hospitals, clinics, health organizations at the service of the states, private organizations that provide health services and non-governmental organizations. In the time of my adversary's last reign, getting sick is risking death. Consulting for any disease or illness, it will open the possibility of not going out again alive. The child population and the elderly will be the main victims of this death escalation that will be carried out by the children of darkness in the time of my adversary.

Little children, I announce this before it happens so that you are alert and vigilant and nothing catches you by surprise. I tell you, do not fear. Remember that Heaven will not abandon you. Keep in mind the messages of survival that we are giving you through our instruments and put into practice the message given to Mary Jane Even, where I send you natural medicine, so that you can heal yourself in those days, without having to resort to the chemical drug. That will be lethal to your life.

Go now and from now on implementing these survival messages and get the medicinal plants that I sent you, so that you can counter tomorrow the epidemics and viruses that will come to you, created many by the evil of men. Store these medicinal plants in a dry place with their respective name and benefit, so that when the time comes, you will use them for your benefit and that of your brothers.

## **USE OF MEDICINAL PLANTS AND REMEDIES INDICATED BY OUR LORD JESUS AND THE BLESSED VIRGIN MARY TO DIFFERENT INSTRUMENTS**

**Remedy 1:** (Bactericide). Onion Syrup (*Allium Cepa* L.): Decoction for one hour of the same amount of onion as holy water. To the final preparation, 15 parts of honey and 13 of sugar are added. Stir until it has a good consistency and drink 3 cups a day.

**Remedy 2:** (Colds). Lavender (*Lavender*): To cure microbial diseases. It promotes healing.

**Remedy 3:** (Strong Chest). Mango (*Manguífera*): Infusion of 1 teaspoon of dried flowers per glass of holy water. A couple of glasses daily.

**Remedy 4:** (Flu). Licorice (*Regalicia*). Perform a decoction with a teaspoon of dried root per glass of holy water. Drink 3 glasses a day maximum.

**Remedy 5:** (Cough). Clover (*Trifolium Pratense* L.). Infusion of a teaspoon of dried leaves per cup of holy water. A couple of cups a day.

**Remedy 6:** (Flu). Fresh fruit juice in abundance: lemons, oranges and carrots.

**Remedy 7:** (Flu). Smoothie of: 150 gr. of cabbage 150 gr. of Orange. A little bit of Holy Water. Take it 3 times a day.

**Remedy 8:** (Flu and Hydration). Cane sugar water with Lemon. (Great for dehydration)

**Remedy 9:** (Quick Baths). Hot water. Clean the body with cold water and shelter the patient. Turkish baths or Saunas are not recommended since in some cases they do not favor the hydration of the person.

**Remedy 10:** (Constant flu). Take a lot of raw and cooked onion, garlic and garlic juice and abundant citrus fruits.

**Remedy 11:** (Colds and Flu). Two teaspoons of sage, juice of a lemon or 1 teaspoon of lemon balm, 1 pinch of cayenne pepper, 1 tablespoon (15 ml) of pure honey. Pour a cup of boiling holy water over the sage and let infuse for 10 minutes. Strain the herbs, add the other ingredients and drink hot.

**Remedy 12:** (Flu with Diarrhea). Coca-Cola (NOT COLD). ALL the gas that can be removed. It is mixed with Lemon and a tris of Sugar. Then drink drinks from Chamomile and subsequently to hydrate the body a Simple Rice Broth. The person is gradually improving.

**Remedy 13:** The cold is a chronic form of the flu, just as the flu is a cold. Eat a clove of chopped raw garlic, twice a day. To avoid affecting the stomach, eat it with food and many of the previous flu symptoms will not appear again for a good time.

**Remedy 14:** (NOT TO DRINK, Ingest or Not to Sip. ONLY to Anoint or Spray. (Keep An Eye). Two Portions of Clove Oil. 2 Portions of Lemon Oil. 1/2 serving of Cinnamon Oil. A portion of Eucalyptus Essential Oil. A portion of Rosemary Essential Oil. Mix all oils.

**Remedy 15:** (NOT for Drinking, Eating or Sipping. ONLY to Anoint or Atomize. Keep An Eye). Two Portions of Clove Oil. A Portion of Rosemary Essential Oil. 2 Portions of Eucalyptus Globulus

Oil. A Portion of Eucalyptus Radiata Oil. 2 Portions of Cinnamon leaf or 1/2 serving of Cinnamon Bark. Two Portions of Lemon Oil. Mix all the oils together in a dark bottle. It should last at least a couple of years. Use it as an atomizer.

**Remedy 16:** Gargle with: Lemon Juice diluted with Whiskey

**Remedy 17:** Gargle with Oral Rinse Liquids with fluoride (DO NOT DRINK). They have effective general action against germs and various influenza viruses.

**Remedy 18:** Sarsaparilla relieves digestive, rheumatic and gout pain, as well as flu and cold symptoms.

**Remedy 19:** Onion and lemon syrup is one of the most effective traditional remedies to relieve the always annoying cold symptoms. Ingredients: 1 large onion, 6 tablespoons brown sugar and 2 fresh lemons. Take a tablespoon of syrup every two hours. As diabetics should not drink sugar, an equally effective remedy is to put a crumbled onion in water and let the preparation stand for half an hour. Then, sip a small amount of the resulting liquid every 15 or 30 minutes.

**Remedy 20:** The mixture of Pure Honey, Butter and Hot Lemon does no harm but it would relieve or control some early flu signs.

**Remedy 21:** (Continuous runny nose). It is advisable to breathe the aroma of garlic.

**Remedy 22:** (Nasal Block) Insert the nose in a bowl with crushed ice and repeat the operation several times until a total decongestion is noticed. The Vick VapoRub "IS NOT RECOMMENDED in all cases." Please consult with the doctor.

**Remedy 23:** Apple cures lung disease and fever from infections. Take in juice, or raw fruit, that is fresh, two to five tablespoons of pure juice, prepare in boiled holy water, for a month, and continue for as long as you can consume apple. It is important not to mix the apple with milk, or other fruits at the time of eating.

**Remedy 24:** La Morilla Roja cures colds, inflammation, coughs and chronic flu. It is rich in vitamin C, prevents lung diseases. With 20 grams of matured morels, fruit, in 1/4 of a liter of holy water, boiled flowers and a tablespoon of honey: Add some elderberry flowers, prepare a syrup of pleasant flavor. Strain and drink hot by tablespoons, immediately causes perspiration.

**Remedy 25:** Orozul is a plant with small tree characteristics, very good for healing, colds, asthma and respiratory diseases. 15 grams in 1/4 of a liter of holy water, prepare infusion, tea mix a tablespoon of honey, and a lemon. Take it warm.

**Remedy 26:** Lemongrass is a plant with a characteristic bunch. It is used to cure the "plague" chronic flu, lung colds, headache, respiratory system malfunction. Prepare 15 grams of lemongrass leaves in 1/2 liter of holy water, with brown sugar and better with a lemon, in the form of a tea after meals. It is also recommended to use it for massage at bedtime to soothe the bone pains. Just boil the lemongrass leaves with lemon juice, and massage the affected part, without adding any sweet.

**Remedy 27:** Tolú Balsam is a tree about 20 meters high. It is used as an expectorant, calms the chest when it is attacked by fever or flu. It is effective in diseases such as bronchitis, cough and chronic colds. In an amount of holy water, with 5 grams of this balm, take it warm every three hours

after meals, is used to make infusions, sweeten with honey.

**Remedy 28:** A Teaspoon of Blessed Olive Oil. A lemon. A Little Blessed Salt and a Little Pepper. The recipe seems spicy but the pain in the intestinal tract will be controlled.

**Remedy 29:** 1. Take lemon juice in large doses, until you sweat heavily. Then drink lemon juice again and the flu will go away; during treatment do not leave the house and keep warm; 2. Add in a glass of boiled water 2 Ounces of Pisco (wine from Peru/Chile), the juice of 3 fresh lemons and pure honey; drink; do not go out. And, 3. Prepare some juice of lemon and grapefruit; boil and drink (pure vitamin C). To lower fevers it is good to drink juice of 1-3 lemons (Peruvian Recipe).

**Remedy 30:** (Combined tincture formula for colds and flu in people with a relatively healthy immune system). 10 ml tincture of echinacea. 10 ml tincture of ceanoto. 10 ml licorice tincture. The three tinctures are combined in a 30 ml amber dropper bottle. Take 30 drops at least every hour at the beginning of an upper respiratory infection

**Remedy 31:** (Nasal spray formula for sinus infections). 5 drops of eucalyptus 5 drops tincture of usnea. 5 drops echinacea tincture. 5 drops tincture of sage. 5 drops tincture of juniper. 3 drops grapefruit seed extract. Put everything in a 30 ml vaporizer bottle, add pure and holy water to complete 30 ml and cover well. Vaporize in the nostrils as often as necessary.

**Remedy 32:** (Inhaled water vapor) Having the child in the bathroom near the hot shower, where he can get the steam, will help him feel better. Older children can take a hot bath with the assistance of their guardian and doctor.

**Remedy 33:** (Sore throat in Babies) pieces of crushed ice or frozen breast milk for babies: ice cools their throat, and extra fluid can help prevent dehydration caused by fever.

**Remedy 34:** (For cough). Prepare a homemade honey syrup with a little lemon (1 tablespoon each). DON'T KNOW IF YOU COULD GIVE HONEY TO CHILDREN UNDER ONE YEAR OLD. Always CHECK with your doctor before giving remedies to your BABY. BEHOLD, "NOT ALL" home remedies are for BABIES, children and adolescents or elders or sick adults.

**Remedy 35:** Turmeric is valuable for curing the flu. Half a teaspoon of turmeric powder should be mixed in half a cup of warm milk and given to the person 3 times a day. It will prevent complications from the flu and help activate the liver during the attack of the virus.

**Remedy 36:** (Affected Throat). Scarf on the neck and folded to the chest at the beginning. A cinnamon tea with lemon. Then take honey with lemon. That helps a lot in recovery.

**Remedy 37:** (Cough). Half a cup of hot milk with marshmallows (chocolates) dissolved in it before bedtime. Help to spend the night with more tranquility.

**Remedy 38:** (Decongesting Chest). You put the Vick VapoRub in your hands and then you put alcohol and mixes with both hands; apply it to the chest, back and temple. Do it for about 3 days in a row. The next day in the morning will not bathe. Do it at noon or before you repeat the previous operation. Avoid drinking or eating cold foods.

**Remedy 39:** (Adult Cough). Lemon Juice in a Cup of Water. A stick of Cinnamon and put them to boil. Strain and sweeten the drink with honey. It is a good painkiller.

**Remedy 40:** (Adult Cough). A good tea that helps is that of Avango (Among other things it contains Eucalyptus, Guava, Bougainvillea, etc.). Sweeten it with honey, take it 3 times a day.

**Remedy 41:** (Flu). Prepare a juice with 150 grams of orange pulp and 150 grams of cabbage. Once liquefied, they should be consumed 3 times daily.

**Remedy 42:** (Cold and Nasal Secretion): Smell some garlic crushed and wrapped in gauze.

**Remedy 43:** Good Samaritan Oil

**PREPARATION:** five pure essential oils are mixed with a base oil: Cinnamon (for being an irritating oil, use half a serving), Clove, Lemon, Rosemary and Eucalyptus.

The base oil can be olive oil, almond or mineral oil and in proportion of 1 pure oil to 5 base oil, mix them with a wooden spoon until a homogeneous mixture is achieved.

**RECOMMENDATIONS:** prepare it in a cool place, without exposing the oils to direct light. Wear gloves and a glass container.

Try the mixture on the forearm, wait 25 minutes, if the skin becomes red, put plenty of water or lavender oil and gradually the redness will disappear. Then, add more of the same base oil with which the mixture was prepared.

Do not expose the oils much to the air, rather keep them in an amber tightly closed glass container to prevent them from volatilizing (evaporating).

They should be kept out of reach of children.

**USES:** We clarify that this oil does not cure diseases, it is not a magic formula.

This recipe prevents infection, so it should be used in case of pandemics due to bird flu, type A flu, climate change, conglomerate of people, visits to hospitals, contact with people with contagious diseases caused by bacteria, airborne viruses, tonsillitis or flu.

Excellent preventive in case of throat ailment or sneezing.

**DOSAGE AND APPLICATION:** Before each use, move the container gently so that the oils are integrated.

Apply and rub a few drops directly on the forehead, throat, behind the ears, armpits, abdomen, joints, full foot or sole.

To purify the air and eliminate viruses from the environment (home or office): use a diffuser, atomizer or a pan of boiling water and put a few drops.

Another way of use: in a piece of cloth, handkerchief, cap or cotton put about 3 to 4 drops of the oil and place on the mouth or on the pillow.

**CONTRAINDICATIONS:** Do not use an essence on the skin directly without first diluting it in some base oil. The oils alone are irritating and are carefully handled.

For sensitive skin apply only on the sole of the foot.

Its use is not recommended in children under 3 years.

In the case of pregnant women, consult a professional about the harmful effects of essential oils.

**OBSERVATIONS:** The recipe that the Mother has given us carries pure essential oils, if these oils are not found, you can get the equivalent herbs of each oil. With the same measure of each herb, place the cinnamon leaves and splinters one by one in a slow cooker, electric pottery or water boiler, and add a base oil in the amount sufficient to cover them 2 cm above, then leave for 8 hours in cooking. Once they cool pack.

**Note:** Although the concentration is not equal to that of essential oils because it is not a distillation process, it can be helpful for the cases described above, but not as effective as if the essences are. Essential oils can be purchased from a specialized company or in macrobotics. In all countries you can find these essences to make the mixture.

**Remedy 44:** Scientific name: *Allium Sativum*; Common name: Garlic ; Family: Lilies

**USES:** Garlic contains antiseptic, fungicidal, bactericidal and purifying properties that act as a natural antibiotic.

Garlic has a high content of allicin, a water-soluble substance that it has: bactericidal effect, high content of vitamin C that stimulates growth and provides calcium to bones and teeth, a powerful antiscorbutic and contains iodine that allows to activate the basic metabolism and contributes to the Proper functioning of the thyroid gland.

It is one of the best disease prevention methods.

It is used to treat: arthritis, arteriosclerosis and atheroma, cholesterol, hypertension, digestive tract and mouth, for the prevention of cancer, constipation, treatment of parasites, asthma, pertussis and tuberculosis.

**DOSAGE:** As a preventive use, you can consume 1 clove of garlic daily

As a treatment when you encounter the disease you can consume 2 to 3 cloves of garlic daily for one to two weeks.

For the treatment of arteriosclerosis, arthritis and cholesterol: half a clove of garlic is taken fasting every morning. Fifteen days after take a whole one and thus the dose is increased every fifteen days until it reaches two cloves.

For the treatment of hypertension: a clove of garlic is chewed on an empty stomach in the morning and two at noon. For ear pain, otalgia and otitis: place a finely chopped garlic clove in a piece of sterile gauze. It is introduced into the ear so that it can be easily removed, and left for two or three hours. Against deafness of arthritic origin: dip a cotton ball in the juice that results from mashing some garlic cloves, insert it into the ear and leave it for an hour.



**CONTRAINDICATIONS:** There is no contraindication if one or two cloves of garlic are consumed daily.

Contraindications only occur when there is excessive consumption, through the use of garlic supplements.

Supplement consumption is contraindicated in the following situations:

Bleeding problems.

Blood clotting problems

Consumption of certain medications:

anticoagulants, for the heart, and certain contraceptives.

Hyperthyroidism, because of its high iodine content.

Pregnant and breastfeeding women.

Diabetics with medication to reduce glucose

**OBSERVATIONS:** To take advantage of its healing properties you should consume raw.

To avoid bad breath derived from the consumption of garlic, you can then eat an apple or some parsley leaves.

In people with a sensitive stomach it can cause heartburn, flatulence, gas, vomiting or diarrhea.

#### **Remedy 45: Wild Oregano Oil**

**PREPARATION:** Take some oregano leaves and some of these oils: olive, grape or almond seeds. Crush the oregano leaves in a mortar and place them in an amber glass jar. Cover them with oil up to 2 cm above. Store the bottle in a cool dry place for 3 weeks. After that time, strain and you can use it. A glass jar that is well cleaned is used.

**USES:** Contains Vitamins A, of group B, C and E and minerals: magnesium, zinc, iron, magnesium, potassium and calcium.

Very powerful antibiotic, with anti-inflammatory action, relieves cough, eliminates viruses such as influenza, stimulates the immune system.

Eliminates microbes, fungi (staphylococci, candida albicans, E. coli, salmonella, ringworm, vaginal infections, etc.) and even the most resistant bacteria. Prevents the development of intestinal parasites.

It improves skin infections.

Fights free radicals and delays aging due to the antioxidant effect

Being analgesic is very useful when there are sprains, low back pain, arthritis, toothache, burns, cuts and scrapes.

**DOSE:** For the immune system: take diluted 1 to 3 drops daily. Infections and fungi: wash and dry the nails, smear them with the oil 2 v / day. Take 3 diluted drops in a glass of water, 3 times a day. If they require more aggressive treatment: ingest daily in a spoonful of honey or with juice 5 to 6 drops of oil or fill a capsule and take it once a day during the meal. Toothache and teeth, gums: put 2 drops in gauze and rub affected area. Muscle pain, rheumatic sprains: massage the area with oil. Fight lung and cough discomfort: Inhale using a vaporizer. Cut scrapes and burns: apply to reduce pain and disinfect. Purify the air and clean: add 10 drops to the water and spray, kill bacteria, viruses.

**CONTRAINDICATIONS:** Not recommended for: patients with anemia as it inhibits iron absorption, pregnant or breastfeeding women, people with sensitive skin or allergic to the plant, people who take 3 or more pharmaceutical medications, or those who drink a lot of alcohol .

Children under 7 years: only topical and diluted use, a drop of oil in 1 tablespoon of olive oil. They can be inhaled directly from the dropper or by placing 1 drop on a piece of cloth. Older children can ingest it: 1 drop diluted in olive oil, juice or in a spoonful of honey.

Do not exceed doses, the liver can be overloaded.

Do not take it more than 15 days without interruption when using it as a treatment for the disease.

**OBSERVATIONS:** Oregano has compounds that could generate abortive effects.

Keep it away from eyes and mucous membranes, as well as areas of sensitive skin.

To ingest only take wild oregano oil that has been diluted or encapsulated.

Pure essential oil is too potent

Being a potent antibiotic and fungicide, when it eliminates pathogens, they release toxins in the bloodstream that make you feel fatigue or cold, rare cases skin irritation. That is known as a healing crisis or Herxheimer reaction.

You can avoid this discomfort by drinking 8 to 12 glasses of pure water a day, to help purge toxins from the blood.

**Remedy 46:** Scientific name: *Verbascum thapsus* Common name: Gordolobo or Verbasco, Sirio de Nuestra Señora and Candelaria Family: Escrofularia

**USES:** The National Drug Information Center of Costa Rica indicates that flowers and sometimes leaves, stems and roots are used. There are no specific indications, but there are traditional indications: systematic relief of throat irritation associated with cough and cold. It has expectorant, cough suppressant properties, useful for treating sore throat. Activity against viruses has been described: herpes simplex type I and Influenza A and B.

Other sources give indications for: asthma, allergies, bronchitis or tracheitis, angina treatment,

ulcers, eczema, bony rashes, chilblains, wound healing, fluid removal, hemorrhoids, bowel inflammation and stomach cramps, constipation.

DOSAGE: They are used in infusion, decoction or cold maceration; maceration is used for emollient ointments.

It is advised between 3 to 4 grams a day.

Tea: add two teaspoons of dried leaves and flowers in a cup of hot water, let stand for 10 to 15 minutes, strain and drink. Consume 3 cups of tea a day.

Tea can also be consumed for relaxation.

Administer gordolobo after meals.

CONTAINDICATIONS: Allergic reactions to the gordolobo.

No side effects related to its consumption have been reported. But it has not been evaluated in children under 12, or during pregnancy and lactation, so it is.

Better avoid using it. It is only accepted if there are no safer alternatives, and that the benefits outweigh the risks.

OBSERVATIONS: Treatments of more than one week are not recommended.

If during this period the symptoms continue or worsen, if fever or difficulty breathing appears, you should consult your doctor.

Consult with the doctor the use of natural supplements before including them as treatment.

It is not advised to consume plants in places where they can be sprayed with herbicides.

Consult with the doctor the use of natural supplements before including them as treatment.

It is not advised to consume plants in places where they can be sprayed with herbicides.

**Remedy 47:** Scientific name: *Rosmarinus officinalis* L. Common name: Rosemary  
Family: Lamiacea

USES: Produces a favorable effect on digestion, eliminates spasms, reduces gas, colic and flatulence, promotes secretions and stimulates gastric and intestinal juices.

Topical use, on the skin, for pain control due to: arthritis, rheumatism and circulation.

In oil to fight bacteria such as: *Bacillus subtilis*, *Staphylococcus aureus*, *Escherichia coli*, *Micrococcus luteus*, *Vibrio cholerae*, *S. albus*, *Corynebacterium* spp, *Salmonella* spp and *Listeria monocytogenes*.

In oil topically: stimulates circulation, stomach spasms, effective against bacteria, fungi and other microorganisms.

Traditionally, it is also used orally in: gallbladder conditions, biliary dyspepsia, biliary dyskinesia,

biliary lithiasis or cholelithiasis, menstrual pain, headache, mouth and pharyngeal conditions such as stomatitis or pharyngitis.

Topically: avoid hair loss, dermatitis or skin lesions, wound healing, mild antiseptic and low oily or alcoholic solution as an insect repellent.

DOSE: Adults: 2g / 150 ml, 2-3 times a day.

Leaf infusion: put 1 teaspoon of dried and crumbled leaves in a cup of boiling water for about 10 minutes. It is filtered and taken two to three times a day, after meals as a digestive and to treat colds, headaches, and even depression.

Cooking: Boil a portion of leaves in a liter of water for 10 minutes. It is applied in compresses in rheumatic pains.

Inhalation: Inhale a few drops of essential oil in a handkerchief to energize the brain and for concentration.

Compresses: Use a cup of rosemary infusion to relieve sprains. Alternate the hot infusion with ice packs every 2 or 3 minutes to make it work best.

Tincture: Take up to 50 drops (half a teaspoon), three times a day for tiredness and nervousness. They are combined with an equal amount of wild oatmeal or tincture of verbena for depression.

Rosemary oil: Diluted a few drops in an oil base if necessary, since essential oils are usually very intense.

CONTRAINDICATIONS: Allergy to rosemary or any component of this product, presence of biliary obstruction, epileptic patients, children and infants should refrain from their intake.

Long doses of rosemary can cause seizures and death.

Avoid hot baths in patients with open wounds, extensive skin lesions, fever, acute inflammation, severe circulatory disorders or high blood pressure.

OBSERVATIONS: Administration is recommended after meals.

It is not recommended in people with gallstones.

Rosemary could lead to abortive effects, it can affect the menstrual cycle.

It is useful to scare away pests, so they usually place some sprigs of rosemary in cupboard cabinets. It has been observed that an infusion for rosemary and nettle hair can be done to rinse hair after washing it and thus accelerate growth and prevent and combat dandruff.

**Remedy 48:** Scientific name: *Echinacea purpurea*; Common name: Purple coneflower

Family: Asteraceae

*“Another disease spreads affecting the airways; It is extremely contagious. Keep the holy water, use hawthorn (should refer to White Indigo Berry) and the Echinacea plant, to combat it. ” The Blessed Virgin Mary 31.01.2015*

Uses: Reduces cold symptoms (mucus, cough, fever) accelerates recovery; decreases number of diseases of the respiratory system: sinusitis, pharyngitis, bronchitis, etc; blocks viral and bacterial action. Boosts the immune system.

Dose:

Infusions: Use the leaves and dry extract from the roots. 5 cups on the first day. Reduce the number of cups as the symptoms diminish.

Drops: 20 drops daily for 2 months, then rest for 2 months.

Contraindications:

Children under 12 years old: It may cause allergic reactions.

It is not recommended if you suffer from autoimmune liver diseases.

Consult a medical doctor if pregnant or breast feeding.

It may interact with other substances and medications: reduces the ability of the organism to decompose caffeine and hinders the synthesis of medications that are eliminated through the liver.

Observations: It is recommended to start taking it right now, however the rest periods must be respected as per given instructions.

Other data of interest

### **Echinacea Purpurea: strengthens defenses**

The most frequent and best known use is to reduce the symptoms of the common cold. This is due to its two main properties: its ability to strengthen and boost the immune system - it is a natural antibiotic capable of activating our leukocyte production - and as an anti-inflammatory.

It has been shown to help reduce fever, mucus and cough caused by the cold and other diseases of the Respiratory System. It also speeds up the recovery process, and although medical studies do not definitively confirm that taking them in advance prevents such pathologies, it does minimize their effects.

In addition to being used for diseases of the respiratory system (sinusitis, bronchitis, pharyngitis ...), it has another series of applications - mostly related to infectious processes, as it acts as a blocker of the action of viruses and bacteria.

### **Plant description**

*Echinacea purpurea* - eastern purple-coneflower or purple-coneflower in English, from the Asteraceae family, is used as a medicinal and ornamental plant.

It is a herbaceous plant with black root and spicy flavor. It reaches the height meter and its leaves are whole and lanceolate with three ribs. External flowers are ligules.

sterile narrow limbo and about 3 cm long; They are pink or purple. The central flowers are tubular and pale yellow. The receptacle is spiny and the fruit is a half-centimeter tetragonal achene, yellowish, sinvilane, with a crown of more or less sharp teeth and longitudinal grimaces.

#### Dose

As with all plants used in phytotherapy, the use of *Echinacea purpurea* should not be done without having previously consulted an expert, who will indicate the dose and periodicity with which we should take it.

The recommended daily amount and duration of treatment will depend on the prescription of the expert and the pathology to be treated. For example, when it comes to colds, in the case of capsules, it is not recommended to take them more than three times a day nor to prolong their intake for more than two weeks.

For the infusions, the leaves and the dry root extract are usually used and, depending on the concentration of the dose, up to five cups of tea can be taken per day on the first day of the cold and subsequently reduce the amount of cups as symptoms subside.

#### Contraindications

There are scientific studies that support its beneficial effects.

**Remedy 49:** Scientific name: *Randia aculeata*, *Randia karstenii*; Common name: Hawthorn (should refer to White Indigo Berry) ; Family: Rubiaceae

Uses: Increases the levels of hemoglobin after a snake bite.

The green fruit has been used for diarrhea and mucous leucorrhoea.

Heart failure: Alterations of the cardiac rhythm, tachycardia, arrhythmia.

Prevents angina pectoris; helps in post-infarction recovery. Sedative.

To treat symptoms of nervousness or anxiety.

Dose: Administer after meals.

Heart failure: 160-900 mg daily, divided into 2-3 doses.

The infusion is recommended for an unknown disease with symptoms: high fever, blue or purple blackened lips, spasmodic muscular twitching and strong jerks. Soak a handful of hawthorn leaves in hot water for 8 minutes. Administer orally day and night until the symptoms diminish.

It is also used for nervousness and anxiety.

Contraindication: No contraindication is known.

However, it is not recommended to use in conjunction with other medicines for heart or circulatory problems or with benzodiazepines (medication that acts on the central nervous system and to treat

insomnia) if not under medical supervision by a specialist.

**Remedy 50:** Scientific name: Ginkgo biloba L. Common name: Maidenhair tree  
Family: Ginkgoaceae

*"The Blessed Mother announced to me a disease that will attack the nervous system and the immune system causing serious problems on the skin, for which she told me to use the leaf of the nettle and ginkgo plants." Reflexion of Luz De Maria 11.10.2014*

Uses: Improves blood circulation: legs, feet, coronary arteries, head, eyes (vision), genitalia, capillaries of the brain. Regulates hypertension, asthma, depression, vertigo and atherosclerosis.

It protects the brain from senile dementia, stroke and neurodegenerative diseases.

Cognitive benefits: improved thinking, improved memory and better social behavior.

Dose:

To improve blood circulation: Take 3 times per day for a total of 120 mg of extract per day.

Brain diseases: from 60 to 240 mg per day divided to take 3 times per day throughout the day.

Asthma and allergies: a total of 120 mg of extract per day divided to take 3 times each day.

Contraindications:

If it is taken in doses greater than recommended, it may cause drowsiness, nervousness, vomit or diarrhea.

During the first two days of treatment, it can cause headaches.

Do not use on children under 2 years of age.

Consult a medical doctor in case of pregnancy or breast feeding.

The administration of ginkgo in conjunction with blood thinners like aspirin, warfarin, or heparin, may cause hemorrhage. Do not take for days before surgery or for 2 months afterward.

Observations: consume only when prepared under strict sanitary control.

Homemade: preparations of the leaves may be toxic and may produce allergies.

Note: Warfarin is an oral anticoagulant medication that is used to prevent the formation of thrombi and emboli.

**Remedy 51:** Scientific Name: Urtica dioica L.; Common Name: Nettle  
Family: Urticaceae

Uses: It is known as an antioxidant, diuretic, anti-inflammatory, antiviral, analgesic, antimicrobial,

liver protector. It is also used in cases of eczema, anemia, nosebleeds and menstrual hemorrhage, nephritis, hematuria, diarrhea, asthma, Alzheimer's disease, diabetes, kidney stones. Favors digestion and blood circulation.

Dose:

Digestion, constipation: infusion of 2 tbsp of dried leaves per liter of water. Take 3 times a day before meals.

Diarrhea, tuberculosis, asthma, and as a diuretic: decoction of the dried root for 10 min. Take 3 cups a day.

For blood circulation and hemorrhage: Crush the plant, sift the pulp to obtain the juice. Take ½ cup per day, ¼ cup in the morning and ¼ in the evening.

Jaundice: decoction of 5 tbsp of the dried plant per liter of water. Take a couple of cups per day.

Diabetes: boil a handful of nettles in water and take 3 cups per day.

Anemia: infusion of 1 tbsp of the dried plant 3 times per day.

You should drink at least 3 cups of nettle juice a week, even better if you drink a cup every day. It can also be used as compresses with the decoction of the plant or cataplasms applied directly to ulcers, skin rashes, and swelling.

Contraindications:

Skin lesions when the plant comes in contact with the skin.

Diabetics may have their blood sugar levels affected if taken in large doses; be alert to avoid hypoglycemia.

It may affect blood pressure and may interfere with medications used to control hypertension.

It is contraindicated in case of renal failure.

Do not take if there is nephritis or inflammation of the kidneys, or during pregnancy.

Observations:

It has high contents of calcium, iron, phosphorus and magnesium.

Nettles are wild edible plants, provided that they are collected from clean places, free from grazing animals and crop pesticides.

To prevent skin irritation, use gloves when collecting the plants which should be let stand for half a day before cooking.

All preparations must be strained because the plant contains very irritating hollow stinging hairs or trichomes.



Dry leaves may be stored.

Note: Trichomes are excretion of epidermal origin in very variable and glandular ways or not, present in vegetables.

**Remedy 52:** Scientific name: *Artemisia annua* L.; Common name: Sweet wormwood  
Family: Asteraceae

*The Blessed Virgin Mary*

11.10.2014

*"The pestilence is renewed by those who serve the antichrist and watch as the economy succumbs. Before this, I invite you, children, to resort to the health of the body by means of what nature provides for the good of the body in the face of the current disease : the use of Artemisia annua L."*

Uses:

To kill the malaria parasite, improve cases of psoriasis and leukemia.

It has anti-microbial activity.

Boosts the immune system, against Ebola, fever, hepatitis B and C, HIV, and hypertension. It acts as an anti-inflammatory, antioxidant and immunosuppressive.

Dose:

Infusion: 4 infusions per day for a week or one per day as preventive medicine. Add 5 to 10 gr. of the dried plant to 500ml of boiling water and leave for 10 min. before straining.

Malaria: the tea must be taken during 7 days or even 12 days. All precautions should be taken to avoid a new infection.

Contraindications:

Not be taken by pregnant women, or breastfeeding, or people using anticoagulants like warfarin.

It may cause vomit, diarrhea, abdominal pain, hives, nausea, bradycardia or hypoglycemia.

Contact with the plant may cause allergic reactions.

Do not use for a long time, since it accumulates in nerves.

Observations:

The average life is short, only 1½ hours.

Interactions: with grapefruit juice and with medicines that are metabolized by cytochromes (liver proteins).

### **Remedy 53: Blackberry**

The Blessed Virgin Mary  
13.10.2014

*"Beloved, as a Mother who looks beyond where you look, I call you to consume THE BLACKBERRY. It is a natural purifier of blood and in this way the organism will become more resistant to the evils that will afflict humanity. They ignore that great part of the viruses and bacteria that plague them, have been created by the same man as a product of power over all mankind. "*

### **Remedy 54: Water**

The Blessed Virgin Mary  
13.10.2014

"Humanity carries a comfortable diet but totally harmful to the human organism that it destroys continuously and becomes ill. At this moment the organism of man is saturated by poor diet, thus favoring a weakening of the organism and new diseases take man causing great evils.

My beloved, use the previously boiled water and start the body detox NOW by drinking as much water (\*) as possible, so that the body will be purified."

(\*) It is recommended to drink 2 liters of water daily

**Remedy 55:** Very strong disease with nose and mouth hemorrhage, is something that has never been seen.

The Virgin of the Flame of Love has given this remedy with Pure Honey Bees:

Ingredients:

1 glass bottle of pure honey bee; 1 sprig of basil; 1 sprig of rosemary.

Preparation: dip the 2 twigs inside the honey, have it to be blessed by a Priest and leave it in a cool and dark place for 3 days. On the third day each family member takes a teaspoon, and save the rest.

Note: prepare 4 or 5 glass bottles per family.

*"The Blessed Virgin says: you must take a teaspoon of honey, accompanied by prayer, to be immune to the disease. It is a Vaccine." 1-To what extent does a bottle equal? 375 grams. The bottle is 750 grams 2. Why should you store honey and why keep 4 to 5 bottles per family? Remember to be blessed by a Priest, then leave it in a cool, dark place for three days. On the third day each family member takes a teaspoon and save the rest. The four or five bottles per family are enough for the day the disease arrives. People who have faith, who form prayer groups and are ecclesial and those consecrated to the hearts of Jesus and the Blessed Virgin Mary in those days will make use of the honey kept with their families. Also, the flu is presenting each time in a different and stronger way, in this case if you have virus disease, take three teaspoons. 3- If this scoop is also for children under*

*one year? In Argentina doctors do not recommend giving honey to children under one year. Moms in pregnancy when taking the teaspoon of honey transmit it to their child in the womb. If the baby is between the first four months of being born and Mom did not give her the vaccine then: Mom should take the teaspoon. Then the vaccine will be given from mother to child through breast milk. In the event that Mom does not produce food for him, drink a honey gothic with a dropper, followed by plenty of water for three days. Gothic honey can also be given with milk in a bottle. For children over four months to a year, give them a gothic with a dropper, followed by plenty of water for three days.*

### **Remedy 56: Bronchial Disease**

This remedy is used to purify the bronchi. The following is done:

- 1) 4 or 5 well crushed garlic heads are placed
- 2) It is mixed with pure olive oil or with blessed oil.
- 3) A strip of canvas is soaked and placed on the soles of the feet.

Its healing action will penetrate through the pores and reach the bloodstream.

### **Remedy 57: Saint Joseph Oil**

Locution of Saint Joseph:

Heed the wise advice of my beloved wife, Mary, keep them in your heart, meditate and live them. Keep the simplicity and purity of your heart so that you are the true offerings of love to the Divine Victim.

Don't put me aside from your lives. I was the only man on earth in which God found complacency. Give me your inner life and I will enrich it. I will give you a gift tonight, beloved children of my Son Jesus: THE OIL OF SAINT JOSEPH. Oil that will be a Divine help for this end of time; oil that will serve you for your physical health and your spiritual health; oil that will free you and protect you from the enemy's stalks. I am the terror of demons and, therefore, today I put in my hands my blessed oil.

Spread it, it will be useful for all mankind. Men will receive rest from their spiritual, physical and mental sorrows. Prepare it as follows:

- 1.- Take a quarter of olive oil (250 ml) and 7 lilies
- 2.- Put them on for seven days in front of my image.
- 3.- Then, pour the flowers (peeling the petals) in the oil and put it on low heat for 7 minutes.
- 4.- Separate the petals of the 7 lilies, drain them well and leave the oil.

During the 7 days I will pour thanks and special blessings to those lilies.

That is my oil, beloved children, St. Joseph's Oil.

I repeat it to you. It will be a breastplate that will protect you against every demonic spirit, will strengthen you in your trials, will encourage you in your walk, will heal you from the body, the

spirit and the soul. I repeat, St. Joseph's oil: 7 lilies placed in front of my image for 7 days, referring to my 7 sorrows and 7 joys; In addition the number 7 indicates perfection and I will give you, through the daily anointing with this oil: perfection and growth in your inner life.

When you feel despondency, anoint yourself in your chest and you will receive strength and relief. When you suffer from your body, anoints. Anoint with my oil the sick of the body and the soul. Anoint with my oil the possessed, the demonized, the devil will flee from all these people attacked by the spirits of the underworld. Privileged? Why not? As Heaven consents you; as Heaven deposits

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