

# Immune System Formulas

In this section, you will learn about three formulas for the immune system. One of them, a simple echinacea root tincture, is part of the incurables program. The other two are for when you need them. Let's start with echinacea root formula. The ingredients are:

**9 parts fresh Echinacea angustifolia and echinacea purpurea root juice.**

**1 part Siberian ginseng root**

**1 part Pau d'Arco inner bark**

**1 part fresh Garlic bulb juice**

BISER: *I'm looking here at your immune formula, what do you mean echinacea root juice? Do you mean tea?*

SCHULZE: No. You get the echinacea roots and you soak them in alcohol, like you were going to make a tincture. If you can get the fresh echinacea roots, it obviously works the best. What you do is to get a good fresh echinacea root and just soak it whole, or sliced against the length of the root, like you'd cut a carrot in half against the length. And let it soak in alcohol for 2-3 days until it absorbs that alcohol. Then take it out of the alcohol, because you're not using the alcohol, and then you run the roots through a Champion juicer.

BISER: *What do you do with the alcohol you've soaked it in?*

SCHULZE: You can use that as a base for an echinacea tincture if you want, but that isn't really what you need. What you're getting out basically is all the liquid that's inside that echinacea root, and that's much stronger than an echinacea tincture.

BISER: *If they can't get a Siberian ginseng, can they use American?*

SCHULZE: It wouldn't be for the same exact thing. A Siberian ginseng is more of a strengthener over the long term. The American wild ginseng is

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more of a quick stimulant, like right away. But the Siberian ginseng plant really doesn't grow anywhere outside of Asia.

You add these to a jar in the proper proportions and tincture it.

If you are missing the ginseng, or the Pau D' At-co, make the formula anyway. Even just 90% echinacea root and 10% garlic will create the greatest immune tonic.

Dosage: Two dropperfuls, four to twelve times a day.

### **The second immune formula.**

The second formula is the Super Tonic, a formula by Dr. Richard Schulze. This is the 1990% version of Dr. Christopher's original anti-plague formula, which I will give you in a moment.

The Formula

**1 part fresh chopped White onions,  
or the hottest onions available.**

**1 part fresh chopped Garlic cloves**

**1 part fresh grated Ginger root**

**1 part fresh grated Horseradish root**

**1 part fresh-chopped Cayenne peppers  
or the hottest peppers available.**

Fill a glass jar 3/4 of the way up full with equal parts of the above chopped and grated herbs. Then fill to the top with raw, unfiltered, unbleached, undistilled apple cider vinegar. Close and shake vigorously and then top off the vinegar if necessary. Begin this formula on the NEW moon and strain and bottle on the FULL moon, approximately 14 days. Filter the mixture through a clean piece of cotton, bottle and label. Make sure that when you are making this tonic, that you shake it every time you walk by it, a minimum of once per day. Remember that all the herbs and vegetables should be fresh (and organic if possible), and to use dried herbs only in an emergency. If you have a hard time finding any of these particular herbs in your local health **Immune System Formulas Page 169**

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food store or grocery, try asking the produce manager for a special order, and if this doesn't work, look for them in an ethnic area of your town, such as Asian, Indian, Southern European, South American, etc. where people use these herbs in their every day cooking.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, depending on the patient's condition.

SCHULZE: A single dose is a half to one full ounce, and I suggest an ounce. That's like a shot glass. And people say, "Isn't that a bit intense?" Well, hey, people sit at a bar and knock down shots of tequila.

You take an ounce, you gargle with it thoroughly. Get it all over the right side and the left side and the tonsils and deep in the throat. Then, you kind of just let it slide down your throat, not with really a swallow, just let it slide down your throat.

And that's an ounce of vinegar, basically, what you're taking.

If someone has a real sensitive stomach, they can take a half ounce, but it's really an ounce shot, and I would suggest up to eight times a day a person could take that. So literally, they're taking 8 ounces a day, if they really need to recover from something.

**Dr. Christopher's Anti-Plague Formula**

This is the famous formula Dr. Christopher created for fighting outbreaks of any plague, plus colds and flu's and any rapid systemic infections. Dosage: Same as the dosage on the preceding formula.

INGREDIENTS:

**4 ounces Black walnut concentrate**

**4 ounces Wormwood concentrate**

**4 ounces Marshmallow root concentrate**

4 ounces Oak bark concentrate

**4 ounces Lobelia leaf or seed concentrate**

**4 ounces Mullein leaf concentrate**

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**4 ounces Skullcap leaf concentrate**

**4 ounces Uva ursi, Hydrangea or Gravel root concentrate**

**8 ounces Comfrey root concentrate**

**32 ounces Apple cider vinegar**

**20 ounces Honey** [raw, unfiltered and local is best]

**20 ounces Glycerine**

8 ounces Garlic juice [fresh, raw, organic]

**PREPARATION:**

Each concentrate should be made individually. Start by soaking each herb for four hours or more in enough distilled water to cover them. After soaking, add more distilled water so that the total added water equals 16 oz. water per 4 oz. of herbs.

After adding the appropriate amount of distilled water to the soaked herbs, simmer on a very low heat in a covered saucepan or double boiler for 30 minutes. Strain this decoction and place into an uncovered clean pan or uncovered double boiler and simmer it down to 1/4 the original amount, in other words, to 4 oz..

Each concentrate should be made separately and then only mixed when the entire formula is blended together. Using the amounts in this handout 120 ounces (approximately one gallon) will be made.

If you desire to make less, just reduce all the proportions equally

To make an eighth ounce of garlic juice takes one full pound of fresh garlic. Fresh garlic juice is extremely potent. That's what makes the formula work.

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