



INNATE  
wellness & medical center

Gemie McLeod, N.M.D.  
*Naturopathic Physician*

INNATEWELLNESSAZ.COM

**(928) 776-1600**

820 AINSWORTH DR, SUITE B,  
PRESCOTT, AZ 86301

## Anti-Plague Formula

### How It Works

The combination of these ingredients provides relief from sinus symptoms/concerns, influenza, UTI infections, and colds.

It is best taken at first sign of illness throughout duration (take 3-4 T/day in divided doses).

Ideally, it is prepared with fresh, organic ingredients and stored in a glass container in the refrigerator.

You can put it on a rice cracker, in salsa or hummus, mix in spaghetti sauce (best raw and not cooked), or eat it straight off the spoon in near proximity of food/drink due to strong flavor.

### Anti-Plague Formula

*Tweak recipe below to your liking.*

Combine equal parts of the following:

- White or yellow onion
- Fresh garlic
- Fresh horseradish root peeled and diced
- Fresh ginger

Put in of the above into a food processor/blender and add splash of raw apple cider vinegar to help with blending.

If desired, you can add cayenne powder, turmeric powder or root, and Manuka Honey.

Process to a smooth paste consistency, consume, and kill whatever critters ail you.

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