

Blessed Virgin Mary's Medicinal Plants

Guide listing all the Medicinal Plants indicated by Blessed Virgin Mary and our Lord Jesus Christ to catholic prophet Luz de María de Bonilla, to face upcoming epidemics that 'medical science will not be able to stop'.

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(...) I call you to unite, to unify and intensify the fraternity, I call you to collect the Messages in which My Mother or I have given you the natural medicines necessary to face the great pests, plagues, diseases and chemical contaminations to which you, as Humanity, will be exposed, for it is not only Nature that rebels against man, but also those who, with petty and selfish interests, have conspired to exterminate a large part of humanity.

-Our Lord Jesus Christ to Luz de María - Oct. 10, 2018

(...) YOU MUST NOT FORGET THAT: "MY HELP COMES FROM THE LORD, WHICH MADE HEAVEN AND EARTH" (Ps. 121,2). Do not forget the medicines that I have given you as Mother to have them at hand and with them manage to overcome these diseases and others that the demons will drop on Humanity. Blessed Virgin Mary to Luz de María - Oct. 05, 2018

(...) The epidemic goes like the wind over all the Earth: be aware of it. The instant you are warned, do not expose yourself, it will not look, it will have no compassion.

-Blessed Virgin Mary to Luz de María - Aug 30, 2017

(...) My Mother has given and will give you medicines that you can find in Nature and with them mitigate diseases and make them disappear. DO NOT KEEP THIS UNTIL YOU HAVE TO USE THEM; LOOK FOR WHERE THEY ARE, LOOK FOR WHERE YOU CAN FIND THEM NEAR YOU, DO NOT WAIT UNTIL THE LAST INSTANT..

-Our Lord Jesus Christ to Luz de María - Aug 03, 2017

(...) Pray My children, pray, do not forget that disease comes out of the laboratories; use what I have already told you for health.

-Blessed Virgin Mary to Luz de María - May 20, 2017

(...) Great diseases are spreading quickly and when they get to be publicly known through Health media, no longer able to hide them, it will be what My Mother has revealed to you for some diseases that will stop them, but in the midst of everything the creature's Faith is needed.

-Our Lord Jesus Christ to Luz de María - May 17, 2017

(...) The diseases that you will suffer have not been previously experienced, and only with the medicines that I gave you and the ones I will give you in My Calls will you be able to stay healthy. Blessed Virgin Mary to Luz de María - Jun 03, 2016

(...) My People, humanity's attention is focused on the armed conflicts; these will take a little longer to recrudescence. In the meantime, the epidemics advance throughout the Earth and become pandemics, and My children do not take this seriously until they will want to stop the epidemics and will fail. Then they will remember that My Mother blessed them with medicine to stop what will take science by surprise.

-Our Lord Jesus Christ to Luz de María - Jan 10, 2016

(...) UNKNOWN DISEASES WILL CONTINUE ATTACKING HUMANITY, ONE AFTER ANOTHER; BUT AS THEY APPEAR, I WILL PROVIDE YOU THE NATURAL RESOURCES TO FIGHT THEM.

-Blessed Virgin Mary to Luz de María - Oct 13, 2014

(...) The epidemics do not wait. Be carriers of My Mother under the invocation of the Miraculous Medal.

-Our Lord Jesus Christ to Luz de María - Jan 17, 2011

*(...) The epidemics do not keep you waiting, just as Heaven announced; these will be more devastating.
-Blessed Virgin Mary to Luz de María - Sep 23, 2010*

(...) I invite you not to forget the use of sacramentals. In case of contagious diseases (pestilences, plagues, others) anoint the doors and windows with holy oil. If you find yourselves sick, sprinkle the food with holy water and keep in mind the use of the medicinal plants My Mother has indicated you use for these unexpected circumstances.

*Humanity at the moment is being stalked by the disease. So in this time, you must protect and aid each other with true love and mercy, taking care of the brother as much as possible as you take care of yourselves and stay in your homes when your countries are being threatened by some epidemic.
-Our Lord Jesus Christ to Luz de María - May 2009*

-Consult a medical professional before taking natural supplements.-

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1. GENERAL PREVENTIONS TO BOOST THE IMMUNE SYSTEM

Water

*(...) Bless the **water** you are going to drink, it is already contaminated and will cause human beings great sickness.*

-Our Lord Jesus Christ to Luz de María - Oct 19, 2011

*(...) My beloved, utilize water that has been previously boiled and start NOW the detox of the organism drinking as much **water** as possible, so the organism will start purifying itself. -Blessed Virgin Mary to Luz de María - Oct 13, 2014*

*If you find yourselves sick, sprinkle the food with **holy water** (...) -Our Lord Jesus Christ to Luz de María - May 2009*



Every day drinking of abundant water is recommended to let our body purify itself, it should have been previously boiled. It is also suggested to have a spray bottle to sprinkle the food with Holy Water (Holy Water is a powerful sacramental, related to Jesus Baptism and the water and blood that came out from Jesus' side while being crucified).

The Blackberry

*Beloved, as a Mother who sees beyond what you see, I ask you to eat the **BLACKBERRY**. It is a natural blood purifier and this will help the body become more resistant to the maladies that humanity will suffer. You ignore that a great part of the viruses and bacteria that plague you, have been created by man himself as a result of the power over all humanity.*

-Blessed Virgin Mary to Luz de María – Oct. 13, 2014



Oil of Oregano

*Our Mother told me that true plagues will come and that we should ingest a RAW CLOVE OF GARLIC every morning, or **OIL OF OREGANO**, these two are excellent antibiotics. If oregano oil is not available, oregano can be boiled to make an infusion; however, the oil of oregano is a better antibiotic.*

Luz de María – Jun. 03, 2016

Instructions: Take some oregano leaves and some of these oils: olive, almond or grape seeds. Crush the oregano leaves in a mortar and place them in an amber glass jar. Cover with oil up to 2 cm above. Store the bottle in a cool, dry place for 2 or 3 weeks. Once the three weeks is up, strain the oil and it will be ready for use. Use a sanitized jar.



Uses	Dosing
<p>Contains Vitamins A, B, C and E and minerals: magnesium, zinc, iron, potassium and calcium. Very powerful antibiotic, with anti-inflammatory action, relieves coughs, eliminates viruses like flu, stimulates the immune system. Kills microbes, fungi (staphylococci, candida albicans, E. coli, salmonella, ringworm, vaginal infections, etc.) and even the most resistant bacteria. Prevents the development of intestinal parasites. Improves skin infections. Fights free radicals and delays aging due to antioxidant effects. Because of its analgesic nature it is very useful to treat pains, lumbago, arthritis, toothache, burns, cuts and scrapes.</p>	<p>To improve the immune system: take diluted 1 to 3 drops daily. Infections and fungi: wash and dry the nails, spread oil on them 2 times a day. Take 3 drops diluted in a glass of water, 3 times a day. If more aggressive treatment is required: 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, teeth, gums: put 2 drops on a gauze and rub affected area. Muscle pain, rheumatic, sprains: massage affected area with oil. Fight lung discomforts and cough: Inhale using a vaporizer. Cuttings, scrapes and burns: apply to reduce pain and disinfect. Purify the air and cleanse: add 10 drops to the water and spray, this will kill bacteria, viruses.</p>
Contraindications	Obs.
<p>Not recommended for: patients with anemia since it inhibits iron absorption, pregnant or lactating women, people with sensitive skin or allergic to the plant, people who take 3 or more pharmaceutical drugs, or those who usually drink alcoholic beverages. Children under 7 years: only topical and diluted use, one drop of oil in 1 tablespoon of olive oil. They can inhale it directly from the dropper or by placing 1 drop on a piece of cloth. Older children can take it: 1 drop diluted in olive oil, juice or in a spoonful of honey. Do not exceed the doses, the liver can be overloaded. Do not take it more than 15 days without interruption when you use it as a treatment for the disease.</p>	<p>Oregano has compounds that could generate abortive effects. Keep it away from the eyes and mucous membranes, as well as areas of sensitive skin. To ingest only take homemade oil of oregano that has been diluted or encapsulated. Pure essential oil is too irritating, avoid using it!! Being a potent antibiotic and fungicide, when it kills pathogens, these in turn release toxins into the bloodstream that make you feel fatigue or a cold, in rare cases skin irritation. This 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.</p>

Garlic

*Our Mother told me that true plagues will come and that we should ingest a **RAW CLOVE OF GARLIC** every morning, or **OIL OF OREGANO**, these two are excellent antibiotics. If oregano oil is not available, oregano can be boiled to make an infusion; however, the oil of oregano is a better antibiotic. -Luz de María - Jun 03, 2016*



*AS MOTHER, I ASK YOU OBSERVE, AS PART OF YOUR DIET FOR LIFE, THE DAILY NEED TO INGEST VITAMIN C, TO INGEST **RAW GARLIC** OR GINGER DAILY. -Blessed Virgin Mary to Luz de María – Mar. 12, 2017*

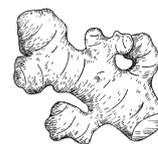
Scientific Name: *Allium Sativum*

Family: *Amaryllidaceae*

Uses	Dosing
<p>Garlic contains antiseptic, fungicidal, bactericidal and depurative properties that act as a natural antibiotic.</p> <p>Garlic has a high content of allicin, a water-soluble substance that 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 activates the basic metabolism and contributes to the correct functioning of the thyroid gland.</p> <p>It is one of the best natural methods for disease prevention.</p> <p>It is used to treat: arthritis, arteriosclerosis and atheroma, cholesterol, hypertension, digestive tract and mouth, for cancer prevention, constipation, parasites treatment, asthma, pertussis and tuberculosis.</p>	<p>For preventive use, you can consume 1 clove of garlic daily.</p> <p>As a treatment for disease consume 2 to 3 cloves of garlic daily for one to two weeks.</p> <p>To treat arteriosclerosis, arthritis and cholesterol: take half a garlic clove every morning. Fifteen days later, one whole clove, the dose is increased every fifteen days until you reach two cloves.</p> <p>To treat hypertension: chew a clove of garlic in the morning and two at noon.</p> <p>To treat earache, otalgia and otitis: place a piece of finely chopped garlic on a piece of sterilized gauze. It is put into the ear in a way so that it could be easily removed, and left for two or three hours.</p> <p>For deafness of arthritic origin: wet a cotton ball in the juice that results from mashing some cloves of garlic, put it in the ear and leave it for an hour.</p>
Contraindications	Obs.
<p>There is no contraindication if one or two cloves of garlic are consumed a day.</p> <p>Contraindications only occur when there is excessive consumption, through the use of garlic supplements.</p> <p>The consumption of supplements is contraindicated in the following situations:</p> <p>Bleeding problems</p> <p>Blood clotting problems.</p> <p>Consumption of certain medications: anticoagulants, for the heart, and certain contraceptives.</p> <p>Hyperthyroidism, due to its high iodine content.</p> <p>Pregnant and lactating women.</p> <p>Diabetics with medication to reduce glucose.</p>	<p>To take advantage of its healing properties you must consume it in its raw form.</p> <p>To avoid bad breath derived from the consumption of garlic, you can eat an apple or some leaves of parsley afterwards.</p> <p>If you have a sensitive stomach it can cause heartburn, flatulence, vomiting or diarrhea.</p>

Ginger

AS MOTHER, I ASK YOU OBSERVE, AS PART OF YOUR DIET FOR LIFE, THE DAILY NEED TO INGEST VITAMIN C, TO INGEST RAW GARLIC OR GINGER DAILY. -Blessed Virgin Mary to Luz de María – Mar. 12, 2017



Scientific Name: *Zingiber officinale*

Family: Zingiberaceae

Uses	Dosing
<p>It has digestive, antivomitive, anti-inflammatory and antibiotic properties. It also has analgesic, antipyretic (to reduce fever), antispasmodic, antitussive, antiulcer, sedative properties, stimulates intestinal motility, cholagogue, antioxidant, cardiotoxic.</p> <p>It is rich in vitamin C and minerals.</p> <p>Ginger has been used to treat intestinal conditions, especially in regard to digestive issues and dry mouth.</p> <p>It acts as a natural antibiotic to fight against infectious bacteria and help the healthy intestinal flora to proliferate.</p>	<p>Daily dose of fresh ginger: between 3 to 10g (about the size of a hazelnut, per person or per two people)</p> <p>Daily dose of dry ginger: Up to 2 g.</p> <p>Tablets: The usual dosage is 400 mg daily, divided into 3 doses.</p> <p>External use:</p> <p>Essential oil: Up to 25 drops per 100ml of base oil.</p> <p>Teas, infusions, recipes: They can be made with dried ginger powder, with the decoction of a root cut, or with the juice squeezed from it (the root is scratched and “drained”).</p> <p>For motion sickness caused by travel: 1,000 to 1,500mg of ginger in capsule is recommended half an hour before traveling.</p>
Contraindications	Obs.
<p>It should not be taken by people taking blood-thinners, antiplatelets, diabetes medication, medications for hypertension, among others.</p> <p>Do not combine ginger with medications without consulting your doctor.</p>	<p>Among the rare side effects are:</p> <p>Heartburn: Some people have reported heartburn.</p> <p>Gallstones: People with gallstones or a history of stones in the gallbladder, may suffer an outbreak with the consumption of ginger.</p> <p>Increased blood pressure: Taken in high amounts, ginger could increase blood pressure due to its hypertensive properties.</p>

Vitamin C

AS MOTHER, I ASK YOU OBSERVE, AS PART OF YOUR DIET FOR LIFE, THE DAILY NEED TO INGEST VITAMIN C, TO INGEST RAW GARLIC OR GINGER DAILY. -Blessed Virgin Mary to Luz de María – Mar. 12, 2017

2. GENERAL PREVENTION AGAINST VIRUSES AND AIRBORNE BACTERIA

GOOD SAMARITAN'S OIL

After our Blessed Mother's Message of June 3, 2016, Luz de María had a vision and received the following indications as natural remedies to the coming diseases:

Men from different cultures and of different races are united, but not in Christ's Love, but in a large combined army of alliances; they walk towards Italy leaving behind a trail of death as they walk. It is a large and powerful army; the rest of the world practically shudders at the decisive advance of this army towards Italy.

I see them advance and the United States, in pain and suffering, appears immediately.



Our Mother indicates to me to look to the heavens and I... when I look, I see a bright light that comes towards Earth.

I think it is a meteorite of great size; it is intercepted, but the biggest part goes towards the sea, towards the United States..

*Suddenly, our Mother raises Her other Hand and I see human creatures sick with great plagues; I see a healthy person approach a sick one and is immediately infected... I ask our Mother, 'How can we help these brothers?' and She says, 'USE NOW THE **GOOD SAMARITAN'S OIL**. I GAVE YOU THE NECESSARY AND CONVENIENT INGREDIENTS.'*

-Luz de María – Jun. 03, 2016

INSTRUCTIONS: Five pure essential oils are mixed with a base oil: lemon, cinnamon (being an irritant oil, use half portion), clove, rosemary and eucalyptus. The base oil can be olive oil, almond or mineral oil and in proportion of 1 part of essential oil to 5 of base oil, mix them with a wooden spoon until an homogeneous mixture is obtained.

Uses	Dosing
<p>Note that this oil does not cure diseases. This recipe prevents contagion, so it should be used in case of pandemics of bird flu, type A flu, climate change, conglomeration of people, visits to hospitals, contact with people with contagious diseases by bacteria, airborne viruses, tonsillitis or flu. Great preventive in case of sore throat or sneezing.</p>	<p>Before each use, shake the container gently to integrate the oils. Apply and rub a few drops directly on the temples, throat, behind the ears, armpits, abdomen, joints, foot or sole of the foot. To purify the air and eliminate viruses from the environment (home or office): use a diffuser, spray or a pan of boiling water with a few oil drops. Other way to use it: on a piece of cloth, handkerchief, mask or cotton put about 3 to 4 drops of oil and place over the mouth or on the pillow.</p>
Contraindications	Obs.
<p>Do not use an essence on the skin directly without first diluting it in some base oil. The oils alone are very irritating and must be carefully handled. For sensitive skin apply only on the sole of the foot. Its use is not recommended in children under 3 years of age. In case of pregnant women, consult your medic about the harmful effects of essential oils.</p>	<p>The recipe our Blessed Mother has given 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 leaves and cinnamon sticks one by one in a slow cooker, electric ceramic or bain-marie, and add enough base oil to cover them 2 cm above, then leave 8 hours cooking. Once they are cooled, pack.</p> <p>Note: Although the concentration is not the same to that of the essential oils because it is not a distillation process, it can be helpful for the cases described above, but not as effective as the essences.</p> <p>Essential oils can be purchased from a specialized company or in macrobiotics. You can find the essences required to make the mixture in all countries.</p>

3. DISEASE THAT ATTACKS THE DIGESTIVE SYSTEM

3.1 Angelica archangelica (Garden Angelica, Wild Celery)

*Serious illnesses are approaching that attack the digestive system; use the plant known as **ANGELICA** and use the whole plant properly, pregnant women being cautious (...)*

-Blessed Virgin Mary to Luz de María - May 24, 2017



Scientific Name: *Angelica archangelica*

Family: *Apiaceae*

Uses	Dosing
<p>Stimulates gastric juices, which gives it aperitive and digestive properties. It is also carminative, that is, it helps to evacuate gases from the digestive tract. Indicated to treat aerophagia and flatulence.</p> <p>For these uses it is effective in the form of an infusion, taken after meals.</p> <p>Anorexigenic: The use of angelica root is used to treat heavy digestion and loss of appetite. It is a plant indicated to treat anorexia disorders. Improves circulation, stimulates the blood flow of the peripheral parts of the body with a valuable application in the treatment of poor circulation and leg pain.</p> <p>It stimulates the respiratory tract.</p> <p>It has sedative properties.</p>	<p>Infusion as a digestive tonic: Leaves or umbels are used. Boil 85g of the indicated parts of the plant, in 1 liter of water.</p> <p>If it is prepared with its fruits, it is enough with 30g of these. If it is prepared with the dry root, it is elaborated with 40g. Let stand 30 minutes. Take a cup after meals.</p> <p>Powder: Chop or crush dry root until it is reduced to very fine powder. Take 2 to 3 teaspoons daily, diluted in a cup of water, or mixed with honey or jam.</p>
Contraindications	Obs.
<p>Allergy: Those who are allergic to other plants of the Umbelliferae family should be cautious with the use of angelica.</p> <p>Sun: Sunbathing and ultraviolet radiation should be avoided during the treatment with angelica. It contains toxic substances that get activated by sunbathing.</p> <p>Diabetes: Angelica is contraindicated for those with a tendency towards diabetes since its use can increase the levels of sugar in urine.</p> <p>Pregnancy and lactation: Angelica is contraindicated in pregnancy and lactation.</p>	<p>There are no health risks or side effects described for angelica, if administered at the recommended doses.</p> <p>Contact dermatitis: Direct contact with the fresh plant can cause contact dermatitis, irritate the skin and mucous membranes.</p> <p>Primary photosensitization: Contact with the plant can cause photosensitization, which can cause dermatitis.</p> <p>Different degrees of insolation: Can cause from skin redness to blisters and hyperpigmentation.</p> <p>Avoid sunbathing and ultraviolet radiation during the treatment with angelica.</p>

3.2 Rosemary

*Beloved children of My Immaculate Heart, the plague advances and man suffers.
Use mullein and **ROSEMARY** in discreet amounts.
-Blessed Virgin Mary to Luz de María - Jan. 28, 2016*



Scientific Name: *Rosmarinus officinalis* L.

Family: *Lamiacea*

Uses	Dosing
<p>Produces a favorable effect on digestion, eliminates spasms, decreases colic and flatulence, favors secretions and stimulates gastric and intestinal juices.</p> <p>Topical use, on the skin, to control pain due to: arthritis, rheumatism and circulation.</p> <p>In oil to fight bacteria like: <i>Bacillus sibiricus</i>, <i>Staphylococcus aureus</i>, <i>Escherichia coli</i>, <i>Micrococcus luteus</i>, <i>Vibrio cholerae</i>, <i>S. albus</i>, <i>Corynebacterium</i> spp, <i>Salmonella</i> spp and <i>Listeria monocytogenes</i>.</p> <p>In oil applied topically: stimulates circulation, stomach spasms, effective against bacteria, fungi and other microorganisms.</p> <p>Traditionally, it is also used in oral form for: gallbladder disease, biliary dyspepsia, biliary dyskinesia, biliary lithiasis or cholelithiasis, menstrual pain, headache, affections of the mouth and pharynx such as stomatitis or pharyngitis.</p> <p>Topically: to avoid hair loss, dermatitis or skin lesions, wound healing, mild antiseptic.</p> <p>As insect repellent in oily or alcoholic solution.</p>	<p>Adults: 2g/150 ml, 2-3 times a day.</p> <p>Infusion from leaves: put 1 teaspoon of dried and crumbled leaves in a cup of boiling water for about 10 minutes. Filter and take two to three times a day, after meals as a digestive and to treat colds, headaches, and even depression.</p> <p>Cooking: Boil a portion of leaves in a liter of water for 10 minutes. It is applied in compresses for rheumatic pains.</p> <p>Inhalation: Wet a clean piece of cloth with a few drops of essential oil and inhale to energize the brain and for concentration.</p> <p>Compresses: Use a cup of rosemary infusion to relieve sprains. Alternate the hot infusion with ice packs every 2 or 3 minutes for best results.</p> <p>Tincture: Take up to 50 drops (half a teaspoon), three times a day for fatigue and nervousness. Combine it with an equal amount of wild oatmeal or verbena tincture for depression.</p> <p>Rosemary oil: Dilute just a few drops in a base of oil; since essential oils are very intense use only if necessary.</p>
Contraindications	Obs.
<p>Allergy to rosemary or any component of this product, case of biliary obstruction, epileptic patients. Children and infants must not take it.</p> <p>Big doses of rosemary can cause seizures and death.</p> <p>Avoid hot baths in patients with open wounds, extensive skin lesions, fever, acute inflammation, severe circulatory disorders or high blood pressure.</p>	<p>Taking it after meals is recommended.</p> <p>It is not recommended for people with gallstones.</p> <p>Rosemary could have abortive effects, it can affect the menstrual cycle.</p> <p>It is useful to ward off pests, some put some sprigs of rosemary in their cupboard cabinets.</p> <p>It has been observed that an infusion can be made for rosemary and nettle to rinse hair after washing it to speed growth and prevent dandruff.</p>

4. DISEASE THAT AFFECTS THE AIRWAYS

4.1 Purple Coneflower

Another disease spreads affecting the airways; It's highly contagious. Keep the HOLY WATER, use HAWTHORN and the **PURPLE CONEFLOWER** plant to fight it.

-Blessed Virgin Mary to Luz de María - Jan. 31, 2015



Scientific Name: *Echinacea purpurea*

Family: Asteraceae

Uses	Dosing
<p>Reduces cold symptoms (mucus, cough, fever) and boosts the recovery; it diminishes respiratory system diseases: sinusitis, pharyngitis, bronchitis, etc. Blocks the action of viruses and bacteria; boosts the immune system.</p>	<p>Infusions: use leaves and the root's dry extract. The first day take 5 cups, reduce the amount of cups as symptoms decrease. Drops commercial presentation: 20 drops daily for two months, then rest for another two months. Tablets: Follow the product instructions.</p>
Contraindications	Obs.
<p>It can cause allergic reactions to children under the age of twelve. It is not recommended for those who suffer from autoimmune or liver diseases. Consult a medical doctor if you are pregnant or breast-feeding. It can interact with substances and medications: it reduces the body's ability to break down caffeine and hinders the synthesis of drugs that are eliminated through the liver.</p>	<p>It is recommended to start taking it now, but you should respect the rest periods recommended according to the indications.</p>

4.2 Hawthorn

Another disease spreads affecting the airways; It's highly contagious. Keep the HOLY WATER, use **HAWTHORN** and the **PURPLE CONEFLOWER** plant to fight it.
 -Blessed Virgin Mary to Luz de María - Jan. 31, 2015

Scientific Name: *Crataegus monogyna* - *Crataegus oxyacantha*
Family: Rosaceae

Uses	Dosing
<p>The hawthorn nowadays is one of the most used medicinal herbs to improve the cardiac system and the circulatory system. It is a shrub also called thornapple, May-tree, whitethorn or hawberry.</p> <p>The infusion is recommended for an unknown disease that will produce high fever, blackened purple lips, spasmodic movements and strong pulls.</p> <p>Hyper or Hypotension – Stabilizes blood pressure. Cardiotonic – Protective activities of the cardiovascular system. Improves digestion. Reduces anxiety, fatigue and shortness of breath. Increases respiratory health. Reduces chest pains or angina, palpitations Increase energy levels. Useful for intestinal infections.</p>	<p>Leaves, flowers and fruits are used. After harvesting they are allowed to dry for a while. For commercial products containing hawthorn, the manufacturer's instruction should be followed.</p> <p>For those who choose to use the herb in more traditional way, a daily dose of 4-5 g of the dried berries or 1-2 grams of the dried leaves and flowers can be used in the form of herbal tea. If tinctures or liquid extract are used, a reasonable dose can be 20-30 drops in a little water, one to two times daily.</p> <p>Dry extract: 300 to 600 mg. per day for a few weeks.</p>
Contraindications	Obs.
<p>Known allergy to members of the rose family. Interactions with cardiovascular medicines. Do not combine with other medicines that affect the heart or blood pressure without first consulting your medic.</p>	<p>Serious adverse reactions are rarely reported. Mild to moderate dizziness, headache, rash, heart palpitations, agitation, stomach upset, fatigue, sweating, nausea and other intestinal symptoms have been reported.</p>

4.3 Mullein

*Beloved children of My Immaculate Heart, the plague advances and man suffers.
Use **MULLEIN** and rosemary in discreet amounts.
-Blessed Virgin Mary to Luz de María - Jan. 28, 2016*



Scientific Name: *Verbascum thapsus*

Family: *Escrofularia*

Uses	Dosing
<p>The flowers and sometimes the leaves, stems and roots are used.</p> <p>There are no specific indications, but some come from traditional use: systematic relief of throat irritation associated with cough and cold. It has expectorant properties, cough suppressor, useful to treat sore throat.</p> <p>Activity against viruses has been described: Herpes simplex type I and Influenza A and B.</p> <p>Other sources give indications for: asthma, allergies, bronchitis or tracheitis, angina, ulcers, eczema, rashes, chilblains, wound healing, elimination of fluids, hemorrhoids, intestine inflammation and stomach cramps. Constipation.</p>	<p>Used in infusion, decoction or cold maceration; the maceration is used for emollient ointments. Usually between 3 to 4 grams a day.</p> <p>Tea: add two teaspoons of leaves and dried flowers in a cup of hot water, let stand for 10 to 15 minutes, strain and drink. Take 3 cups of tea a day.</p> <p>Tea can also be consumed for relaxation. Administer mullein after the meals.</p>
Contraindications	Obs.
<p>Allergic reactions to mullein.</p> <p>No side effects related to its use have been reported.</p> <p>But it has not been evaluated in children under 12 years, or during pregnancy and lactation, so it is best to avoid it in such case. It is only accepted if there are no safer alternatives, and the benefits outweigh the risks.</p>	<p>Treatments lasting more than a week are not recommended.</p> <p>If symptoms continue or worsen during this period, or fever appears or difficulty to breath, then have a medical consultation.</p> <p>Consult with the medic the use of natural supplements before including them as a treatment.</p> <p>It is not advised to consume herbs in places where they could have been sprayed with herbicides.</p>

4.4 Scot's Pine (Pinus rubra)

Stay alert, serious epidemics loom before humanity and attack the respiratory system, for which I call on you to use **PINUS** leaves, with extreme caution, in doses not greater than twice a day, as an infusion.

-Our Lord Jesus Christ to Luz de María - Jan. 03, 2019



Scientific Name: *Pinus Sylvestris*

Family: Pinaceae

Uses	Dosing
<p>It has antiseptic action and beneficial effect upon the respiratory system. The leaves and young shoots are antiseptic, diuretic and expectorant. It possess anti-inflammatory, antioxidant, and antimicrobial properties that can help with:</p> <p><i>Reducing inflammation.</i> Scots pine has been traditionally used for treating inflammatory processes of the upper and lower respiratory tract, as well as for the relief of rheumatic and neuralgic pain.</p> <p><i>Treating infections.</i> The antimicrobial properties of scots pine have been long used for eliminating fungus and bacteria, as well as for the treatment of common infections, such as cold and influenza.</p> <p>Infusions or syrups are used for treating inflammatory processes of the respiratory tract and as diuretic and antiseptic for urinary tract infections.</p>	<p>Pine leaves are harvested and dried for later use.</p> <p>Prepare an herbal infusion in doses not greater than twice a day. Three tablespoons of dried pine leaves are boiled in a liter of water, take a cup twice a day.</p>
Contraindications	Obs.
<p>There are not known side effects due to scots pine use: however, it may cause an allergic reaction in sensitive people, mainly skin irritation when applied topically.</p>	<p>Do not use essential oils internally unless under professional supervision. The wood, sawdust and resins from various species of pine can cause dermatitis in sensitive people.</p> <p>The use of scot's pine in any form is not recommended for pregnant or nursing women.</p>

5. DISEASE THAT ATTACKS THE NERVOUS AND IMMUNE SYSTEMS CAUSING SERIOUS PROBLEMS ON THE SKIN

5.1 Nettle

*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** plant and GINKGO.*

-Luz de María - Nov 10, 2014



Scientific Name: *Urtiga dioica*.

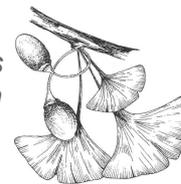
Family: *Urticaceae*

Uses	Dosing
<p>Known properties: antioxidant, diuretic, anti-inflammatory, antiviral, analgesic, antimicrobial, hepatoprotective.</p> <p>Also used in cases of: rheumatism, eczema, anemia, nose and menstrual hemorrhages, nephritis, hematuria, diarrhea, asthma, Alzheimer's, diabetes, kidney stones.</p> <p>Favors digestion and blood circulation.</p>	<p>Digestion, constipation: infusion of 2 tablespoons of dried leaves per liter of water. Take 3 times a day before meals.</p> <p>Diarrhea, tuberculosis, asthma, and as diuretic: decoction of the dry root for 10 min. Take 3 cups a day.</p> <p>For circulation and hemorrhages: Crush the plant, sift the pulp, and obtain the juice. Take ½ cup per day, ¼ in the morning and ¼ at night.</p> <p>Jaundice: decoction of 5 tbsp of dry plant per liter of water. Take a couple of cups a day.</p> <p>Diabetes: Boil a handful of nettles in water and drink 3 cups a day.</p> <p>Antianemic: infusion of 1 tbsp. of dried plant per cup, 3 times a day.</p> <p>Its good to drink at least 3 glasses of nettle juice a week, much better if you drink a glass every day. It can also be used in the form of compresses with the cooking of the plant or cataplasms applied directly on ulcers, skin rashes, swellings.</p>
Contraindications	Obs.
<p>Skin lesions: could happen when the plant comes in contact with the skin.</p> <p>Sugar levels can be affected in diabetics if taken in large quantities, be careful to avoid hypoglycemia.</p> <p>It can affect blood pressure and interfere with medications to control hypertension.</p> <p>It is contraindicated in cases of renal failure.</p> <p>Do not take if there is nephritis or inflammation of the kidneys, nor during pregnancy.</p>	<p>High content of calcium, iron, phosphorus and magnesium.</p> <p>Nettles are wild edible plants, provided they are collected in clean places, free of grazing animals and crop pesticides.</p> <p>To avoid skin irritation, the plant should be picked up with gloves and let stand for half a day; then it can be cooked.</p> <p>Having very irritating hairs or trichomes, the preparations must be filtered.</p> <p>Dried leaves can be stored.</p>

5.2 Ginkgo (tablets/pills)

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 plant and GINKGO.

-Luz de María - Nov 10, 2014



Scientific Name: *Ginkgo biloba* L.

Family: *Ginkgoaceae*

Uses	Dosing
<p>Improves blood circulation: circulation in legs, feet, coronary arteries, head, eyes, genitals, capillaries of the brain. It regulates hypertension, asthma, depression, vertigo, arteriosclerosis.</p> <p>It has a cerebral protective effect against senile dementia, stroke and neurodegenerative diseases.</p> <p>It has an effect on behavior, learning and memory.</p>	<p>Poor blood circulation: 120 mg a day of Ginko extract divided into three doses.</p> <p>Diseases of the brain: between 60 and 240 mg daily of Ginkgo, distributed in three doses throughout the day.</p> <p>Asthma and allergies: 120 mg per day of extract divided into three doses.</p>
Contraindications	Obs.
<p>If taken in larger amounts than recommended, it can cause sleep problems, nervousness, vomiting or diarrhea.</p> <p>Headache may occur the first two days of treatment.</p> <p>It should not be taken by children under 2 years of age.</p> <p>Consult with the doctor in case of pregnancy or lactation.</p> <p>The administration of ginkgo together with other blood thinning medications, such as aspirin, warfarin, or heparin, could cause bleeding problems.</p> <p>Do not take it days before a surgery or a couple of months later.</p>	<p>It should only be consumed in the form of pharmacological preparation (tablets).</p> <p>Homemade leaf preparations can be toxic and produce allergy.</p>

6. DISEASE THAT COMES TO HUMANITY

Mugwort

MY PEOPLE, I LOOK BEYOND, AND THE DISEASE THAT COMES TO HUMANITY WILL FIND CURE WITH THE **MUGWORT** PLANT ON THE SKIN.

-Our Lord Jesus Christ to Luz de María - Jan 04, 2018



Scientific Name: *Artemisia vulgaris*.

Family: Asteraceae

Note: We do not know what disease is referred to on this occasion. The use of artemisia had already been indicated for the “current disease” (Ebola, Malaria, fever). As there is uncertainty about whether this is for one of the listed diseases, it is put aside until more information is available. In this case it is explicitly mentioned that it should be used on the skin, so we inform about the use of the plant in this regard.

Uses	Dosing
<p>Mugwort for the skin: sprayed topically (on the skin) has antiseptic properties for humans and animals. It helps to cure minor external infections and it is useful for fighting skin fungi.</p> <p>Mugwort tea can also be used externally, as a lotion on the skin, in case of scrapes and small wounds to accelerate its healing and recovery. Used in this way, it helps fight mild infections, as well as some skin fungi. To obtain good results, it would suffice to crush and moisten dry leaves and make a plaster. It is placed at warm temperature on scraped or scratched skin, it can be covered with a clean cloth or linen and left to act.</p> <p>For back or rheumatic pain, you can also benefit from this herb by massaging the painful part or placing compresses on the skin. Boil 50 grams of mugwort in a liter of water for 15 to 20 minutes. Apply warm over the painful area. (External use)</p> <p>Another way to make use of its benefits is to make a paste with the leaves and fine stems of the plant, crushing them and applying on the body where you experience pain, holding the paste with a bandage. The paste must not be cold, but rather lukewarm. (External use)</p> <p>Ulcers, wounds, stings and abscesses can be treated very effectively with artemisia, since it exerts a proven calming and antimicrobial effect. (External use)</p>	<p>Not enough information available.</p>
Contraindications	Obs.
<p>There is no information regarding its external use. Consuming high doses of it can cause nervous disorders and even convulsions, especially in children due to the thujone.</p> <p>Its consumption should also be avoided in pregnant or lactating women, it can interfere negatively in the development of the fetus.</p> <p>Artemisia's pollen can cause allergies.</p> <p>Do not use for a long time, since it accumulates in nerves.</p> <p>People who take anticoagulants, should have a previous medical consultation.</p>	<p>Mugwort's life is very short, only an hour and a half.</p> <p>Interactions: with grapefruit juice and with medicines that are metabolized by cytochromes (proteins of the liver).</p>

7. DISEASE THAT PRODUCES HIGH FEVERS AND WOUNDED SKIN

Calendula

A STRANGE ILLNESS IS COMING TO HUMANITY, HIGH FEVERS AND WOUNDED SKIN WILL BE A SCOURGE FROM ONE INSTANT TO ANOTHER, FOR WHICH YOU SHOULD USE THE PLANT CALLED **CALENDULA**.

-St. Michael the Archangel to Luz de Maria - Apr. 04, 2019



Scientific Name: *Calendula officinalis*.

Family: Asteraceae

Uses	Dosing
<p>It is very beneficial for wounds and skin burns, reducing inflammation, calming the pain and stimulating the regeneration and recovery of the skin tissue.</p> <p>It is used as an external remedy in the form of infusions, tinctures and ointments to treat dermatitis and eczema.</p> <p>Calendula has anti-inflammatory properties (Calendula is applied to the skin to reduce pain and swelling), antiemetic, antiseptic, antispasmodic, antibacterial, fungicidal, cicatrizing, anti-ulcer, emollient, emmenagogue, choleric, vulnerary (promotes the healing of damaged tissue and cell regeneration).</p> <p>It is traditionally used to treat eczema, dermatitis, wounds, ulcers, burns, boils, acne, delicate skin, itching, sunburn. It is also used topically to treat haemorrhoids.</p> <p>Other traditional uses:</p> <p>Improves abscesses, boils, dermatitis and other skin problems such as stretch marks, dryness or sores.</p> <p>Relieves insect bites</p> <p>Helps to regenerate skin cells</p> <p>It is used to eliminate viral warts</p> <p>Helps to cicatrize and heal wounds</p> <p>Doing an eye wash with calendula infusion relieves conjunctivitis</p> <p>It is indicated to combat athlete's foot and fungi</p> <p>It helps in the recovery of gingivitis, laryngitis, tonsillitis and sores in the mouth.</p>	<p>The most common way to take it is to make a tea with its dried or fresh flowers, one teaspoon per cup of hot water.</p> <p>You can also gargle with the infusion to improve affections of the mouth and throat.</p> <p>In the kitchen you can add the flowers and leaves to salads and other dishes for decoration, flavor or to add color (It's an edible plant).</p> <p>For its medicinal qualities the flowers are commonly used, but also the leaves and roots can be used.</p> <p>Infusion</p> <p>A Calendula tea can be prepared as follows:</p> <ol style="list-style-type: none"> 1 Use about 2 to 4 grams (one teaspoon) of dried Calendula flowers for each cup of water. 2 Boil for a few minutes 3 Let it steep and strain the preparation 4 It can be stored in glass jars for later consumption. 5 Drink a cup twice to three times a day after meals. <p>External use</p> <p>It is used externally applying a poultice made with the leaves and flowers. For example to remove warts, the leaves are crushed and applied to the area to be treated. Put a clean gauze over it, fix it with a piece of tape and leave it for an hour. This should be repeated twice a day.</p>
Contraindications	Obs.
<p>The Calendula, in any of its uses, is contraindicated in patients with hypersensitivity to the plants of the asteraceae family, since it has been found that it produces skin sensitization. Calendula may cause skin allergic reaction to sensitive people to ragweed.</p> <p>It is also not advisable to take it during pregnancy and lactation period because there are not enough studies on its use under these conditions.</p>	<p>Calendula has interactions with <i>sedative medications</i> (CNS depressants). Taking Calendula together with sedative medications may increase the total sedative effect.</p> <p>Surgery: Calendula may cause too much sleepiness and drowsiness if combined with medications used during and after surgery. Stop taking calendula at least 2 weeks before the date of surgery.</p> <p>Just like in any other herbal medicines, <i>moderation of use is recommended</i>. Prolonged use is discouraged.</p> <p><i>Don't confuse Calendula with ornamental 'marigolds' of the Tagetes genus, which are commonly grown in vegetable gardens.</i></p>

8. EBOLA / MALARIA / FEVER

Artemisia annua

*The plague is renewed by those who serve the antichrist and look at how the economy succumbs. Given this, I invite you, Children, to obtain the health of the body through what nature provides you for the good of the body and before the current disease: the use of the **ARTEMISIA ANNUA**.*

-Blessed Virgin Mary to Luz de María - Oct 11, 2014



Scientific Name: *Artemisia annua*.

Family: Asteraceae

Uses	Dosing
<p>To kill the malaria parasite, improve cases of psoriasis and leukemia. It has antimicrobial activity. It enhances the immune system, against Ebola, fever, hepatitis B and C, HIV, high blood pressure, antiinflammatory, antioxidant.</p>	<p>Infusion: four infusions per day for one week or one daily for prevention level. Place 5 to 10 gr. of the dried plant in 500ml of boiling water and leave 10 min. before using it. Malaria: Tea should be taken for 7 days even sometimes for 12 days, and all precautions should be taken to prevent a new infection.</p>
Contraindications	Obs.
<p>In high doses it can cause nervous disorders and even convulsions, especially in children due to the thujone. Its consumption should also be avoided in pregnant or lactating women, it can interfere negatively in the development of the fetus. Artemisia's pollen can cause allergies. Do not use for a long time, since it accumulates in nerves. People who take anticoagulants, should have a previous medical consultation.</p>	<p>Mugwort's life is very short, only an hour and a half. Interactions: with grapefruit juice and with medicines that are metabolized by cytochromes (proteins of the liver).</p>

9. DISEASE THAT ATTACKS THE EYES

Euphrasia

(...) A disease is coming that will attack the eyes; for this, use the plant known as **EUPHRASIA**.

-Blessed Virgin Mary to Luz de María - May 24, 2017



Scientific Name: *Euphrasia officinalis*

Family: *Orobanchaceae*

Uses	Dosing
<p>Euphrasia is used to fight conjunctivitis, pain and redness of the eyes and lacrimation. Also to make dark circles disappear.</p> <p>In addition, Euphrasia is recommended for respiratory tract issues, including sinusitis (inflammation of the sinuses), cough, sore throat and stomach disorders.</p> <p>It has mainly ophthalmic properties, although it also has astringent, analgesic, healing, stomach, digestive, tonic and bile juice stimulant properties. It is also popular against nervous disorders, headaches, cramps, insomnia and hysteria.</p>	<p>– In a clean container place 500 ml of water and two teaspoons of the herb (leaves and flowers). Boil for 10 minutes on low heat. Then cover and let stand, once warm, strain and apply cold compresses or as an eye bath.</p> <p>– Another recipe to give relief and reduce inflammation: perform the decoction of the dried plant, at a rate of one tablespoon per 200 ml of water. The mixture is boiled a couple of minutes and allowed to stand, then filtered and allowed to warm. Soak warm compresses in the decoction and apply over closed eyes until the compresses cool.</p>
Contraindications	Obs.
<p>There are no known contraindications. However, it must be remembered that any application of ophthalmic preparations poses a potential risk of contamination in them.</p> <p>Pregnancy and lactation. Its use is not recommended during pregnancy and lactation, as well as in pediatric patients.</p>	<p>Diabetic or hypoglycemia patients and those taking medications, herbs, or supplements that affect blood sugar should be cautious.</p> <p>Side effects: Cases of pruritus (severe itching), redness and swelling of the eyes, changes in vision and photophobia (intolerance or fear of light) have been reported.</p>