

# MEDICINAL PLANTS

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## RECOMMENDATIONS GIVEN TO LUZ DE MARÍA

Below are gathered the indications that Heaven has given to us so that in the coming instants, and in the face of unknown illnesses, we may count on the help of specific medicinal plants to face what even science will not be able to stop.

### **DISCLAIMER:**

These plants recommended by Heaven, while in their majority not having contradictions, may in some particular cases present an unfavorable reaction (combination with other substances, medicines, overdose, among others) due to which we recommend always consulting beforehand with a doctor and to analyze each particular case especially in regard to the dose that can be taken. Neither pretend to replace medicines or treatments prescribed by a doctor. Another recommendation is to read the product's labels and analyze the dose with a doctor before beginning its consumption, since according to the brand that is being used, the ingredients and the recommended doses may vary.

### OUR LORD JESUS CHRIST

06.15.2019

"My people, great suffering looms over humanity: the diseases that you thought eradicated will return to frighten you since in these times they expand very quickly."

### OUR LORD JESUS CHRIST

05.11.2019

"I have insisted that you keep the faith: in spite of setbacks, in spite of your wounded "ego", trials that have no explanation for you, diseases of all types, keep your faith immovable."

### OUR LORD JESUS CHRIST

01.16.2019

"Diseases of the past are regaining strength and this is because in some laboratories they have been brought up to date. Such is the manipulation in which you are living, My children, so much so that with great surprise you will experience an announcement that will shake My Church and cause the false prophets to differ in their predictions."

**"My people keep faith in me, I will not give you stones for bread, I will not tell you: "here I am" and confront you with evil. I am your lord and before me every knee bows (cf. Rom 14,11)."**

### OUR LORD JESUS CHRIST

11.20.2018

“My Beloved People, many diseases are hanging over Humanity, and I mention this and bring it to your attention in order for you to protect yourselves. Viruses are swarming in the air and you must protect yourselves; that is why My Mother has given you and will continue to give you the necessary natural medicines so that you put them into practice, because some viruses have been deformed in laboratories so that they do not react to human medicine. It

will be then that unbelievers, having to make use of everything found in Nature and that My Mother has mentioned to you, will see with surprise how their health, if it is Our Will, is restored.”

### **OUR LORD JESUS CHRIST**

10.10.2018

“I call you to unite, to unify and intensify fraternity; I call you to compile the Messages in which My Mother or I have given you the natural medicines necessary for you to face the great pestilences, plagues, diseases and chemical contaminations to which you, as Humanity, will be exposed, because it is not only Nature that rebels against man, but also those who, with petty and selfish interests, have conspired to exterminate much of Humanity.”

### **Our Lord Jesus Christ**

08.03.2017

“Some of My children have not been through hard times, they do not know the face of hunger, they do not know the face of repression, they do not know the face of despair at not having what is necessary to control pain. 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 save them 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 minute.

Plague is moving silently, without being unveiled before the eyes of humanity. You have the means and more in order to fight it. I do not forsake my people.

### **Our Lord Jesus Christ**

05.17.2017

“Great diseases are spreading quickly and when they become known through the medical 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”

### **The Blessed Virgin Mary**

05.20.2017

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

**The Blessed Virgin Mary**

10.08.2015

“Misused science has penetrated the pharmacological industries so these will dare create vaccines contaminated with viruses so human beings will carry death or diseases with them”

**COMMENTARY BY THE INSTRUMENT Message of Our Lord Jesus Christ**

10.14.2015

Brothers, Christ alerts us about a virus that will be used as a biological weapon, but we count on the Divine Blessing: Our Mother will tell us how to combat said disease, which Christ allowed me to see in a vision:

*I was able to see a human creature with sores or ulcers on the skin and suffering great pain; I saw the Mother's Hand on the infected placing on them something like a leaf from a plant, and they were healed.*

**The Blessed Virgin Mary**

10.13.2014

" Unknown diseases will continue to attack humanity, one after another; but as they appear, i will provide you the natural resources to combat them"

The Father gave man all that is necessary; not only to continue, to edify and advance in science, but in Nature man will find everything necessary to keep in good health. I know that some of you would abstain and would not even dare to try that which is found in nature and that I will mention to you, because man, just as he rebels against My Son and despises Him, as well as he denies Me as Mother, in that same way he denies nature's attributes for his good, and will deny that a Mother steps ahead of the things that will affect Her children.

**Our Lord Jesus Christ**

05.30.2013

“The silent step of the plague that will raze the life of men is heavy. Only My Mother's Help will be able to stop it; use the Miraculous Medal to this purpose, carrying faith before you as the Banner of Triumph”

**Our Lord Jesus Christ**

02.12.2012

“Plague advances causing havoc, seal yourselves in the Name of My Blood. Bless your food with the sign of My Cross and maintain faith alive”

**Our Lord Jesus Christ**

03.17.2010, 12 m.d.

My beloved People: i love you, i love you infinitely, i love you infinitely; and today I call you to place, in a visible place of your home, My Cross. Do not fear, do not be ashamed of being recognized, because I love you and recognize you continually. Today I call you again to anoint the doors of your homes, for the plague is approaching humanity.

**Our Lord Jesus Christ**

04.14.2010

Plague is approaching mankind. It is produced by human hands that wishing for a bit of economic power which they have lost in the last days, will cause illness upon My own. This causes My Heart great suffering. That is why I alert you and again remind you of the use of the sacramentals, so that you protect yourselves. I remind you to anoint your homes for protection.

**The Blessed Virgin Mary**

05 09.2010

My children: You punish yourselves; you have brought upon yourselves the plague that was announced. The human heart will feel great desolation. Men of science will be confused upon feeling themselves incapacitated to find a cure. They will realize that only faith in the power of God will heal this suffering through the Sacramentals and indications that Heaven has given you for such cases.

**The Blessed Virgin Mary**

10.15.2009

Little children, humanity is moving up rapidly nears its end and MY SON'S INTERMEDIATE COMING IS NEAR. I have called you to seal your homes, so that evil and the plague pass by without stopping, and you have hurried obediently to follow My instructions. But you still do not understand that if the doors and windows of the home are sealed and the human being continues to be lukewarm, evil and the plague will enter and will make you succumb to sin.

**Our Lord Jesus Christ**

5. 2009

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.

**Our Lord Jesus Christ**

5.2009

“If you are sick, sprinkle the food with holy water and keep in mind the use of medicinal plants that My Mother has indicated for these unforeseen cases

### SAINT MICHAEL THE ARCHANGEL

04.04.2019

“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.**”

<p><b>Scientific Name:</b> <i>Calendula officinalis</i></p> <p><b>Common names:</b> Calendula, Marigold, Pot Marigold, Goldbloom and Golds, Golden Flower of Mary</p> <p><b>Familia:</b> Asteraceae</p>		
<p><b>Uses</b></p>	<p><b>Dose</b></p>	<p><b>Contraindications</b></p>

<p>Flowers and leaves can be eaten and be used in compresses and skin baths.</p> <p>Skin burns: reduces inflammation and pain, stimulates skin regeneration and collagen production. Aids in dermatitis treatment and heals wounds, improving cracks in skin, dryness, or sores. Used for acne and viral warts.</p> <p>When applied to skin it provides antioxidant protection, that reduces appearance of wrinkles and skin spots, and scars.</p> <p>Relieves insect bites pain. Stimulates bile production.</p>	<p><b>Tea:</b> add 1 teaspoon of calendula flowers or petals in a bowl; add one cup of boiling water. Cover and leave to rest for 5 minutes. Sweeten with honey or dark sugar.</p> <p><b>Tincture or crushed in alcohol:</b> 5 to 10 drops taken in 3 daily doses, mixed with natural juice or mineral water.</p> <p><b>Cold or hot compresses:</b> place crushed flowers in a fine cloth to relieve inflammation or pain.</p> <p><b>Burns:</b> crushed leaves and flowers in oil (preparation of calendula oleates) is very effective in case of burns and other mild skin disorders.</p> <p><b>Decoction and infusion</b> can be used in baths, washes and cold or warm pads.</p> <p><b>Gargles:</b> to reduce throat inflammation due to tonsillitis</p>	<p>Calendula is considered a safe plant for most people, when used orally or applied on skin.</p> <p>Caution is required when you have allergy to a plant of the Asteraceae family (such as daisies or chrysanthemums) or to salicylic acid.</p> <p>Do not drink calendula infusions while taking medication, given that it stimulates the sleeping effect of common sedatives.</p> <p>Its ingestion is not recommended during pregnancy or breastfeeding, because it might have negative effects on the menstrual cycle. It is possible that its ingestion might interfere in fertility when used both by man and woman.</p> <p>Some people have shown allergic reactions to the use of calendula oil, especially when used in high doses and</p>
	<p>or mouth infection, boil 1 spoon of flowers in 2 glasses of water for 5 minutes. Leave to rest and then make calendula gargles.</p>	<p>concentrations.</p>

OUR LORD JESUS CHRIST

01.03.2019

Remain on alert: serious epidemics are appearing before humanity and they attack the respiratory system, for which I call you to use **PINUS NEEDLES/LEAVES**, with extreme prudence, in doses no greater than twice a day, in the form of tea.

**COMMENTARY BY LUZ DE MARIA**

**PINUS:** Christ mentioned to me that *Pinus* is the tree known as Scots/Scotch pine, red pine, white pine; the pine exists throughout almost the whole world. It belongs to the Pinaceae family, *Pinus sylvestris*. Boil three tablespoons of dried pine needles/leaves in a liter of water (4.22 cups), take one cup twice a day. Not to be used by very small children or pregnant women. The scientific name is *Pinus sylvestris*, of the pinaceae family.

<p><b>Scientific Name:</b> <i>Pinus sylvestris</i></p> <p><b>Common Name:</b> Scots/Scotch pine, red pine, white pine</p> <p><b>Family:</b> Pinaceae</p>			
<b>Uses</b>	<b>Dose</b>	<b>Contraindications</b>	<b>Observations</b>

<p>Buds (new leaf shoots) and leaves are used for respiratory affections such as cough, colds, chronic and acute colds, bronchitis, pneumonia, sinusitis, pharyngitis. Essential oils have balsamic, expectorant, antiseptic, antiinflammatory and diuretic properties.</p>	<p>Pine leaves infusions must be used cautiously, in doses not greater than twice a day. Boil 3 spoons of dry, clean, leaves in one liter of water. Drink one cup twice a day.</p>	<p>Not recommended for pregnant women or children under 6 years old, given the possibility of bronchospasms or pneumonia. Do not use in persons with asthma. Given its high content of tannins, not recommended in case of gastritis, digestive ulcers, constipation or anemia due to the lack of iron (tannins prevent iron absorption from food). <b>Secondary effects.</b> Infusion and decoction of the crust might cause digestive disorders, <b>given the</b> abundance of tannins. Sun baths not recommended while taking treatments with this plant, given that it might have photosensitive substances that produce eczemas. Some persons can be allergic to pine. Caution must be taken due to its diuretic effects.,</p>	<p>Pine has almost 40 antibacterial principles and a high amount of tannins; therefore, preparations help eliminate microorganisms and reduce mucus of the respiratory tract. El <i>Pinus sylvestris</i> can be found as essential oil. Studies from Maryland University's Medical Center found its use for respiratory tract is solid and effective, additionally it fights sinusitis and colds, when inhaled with vapor.</p>
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Serious illnesses are approaching that attack the digestive system; use the plant known as **ANGELICA(1)** and use the whole plant properly, pregnant women being cautious. A disease is coming that will attack the eyes; for this, use the plant known as **EUPHRASIA(2)**.

<p><b>Scientific Name:</b> <i>Angelica archangelica</i> L.</p> <p><b>Nombre común:</b> Ghost Spirit Herb or Herb of the Angels (It receives its name due to a belief that it was a gift of Saint Gabriel Archangel to a wise hermit so that he could fight the plague that ravaged Europe during the Middle Ages).</p> <p><b>Family:</b> Apiaceae</p>			
<p style="text-align: center;"><b>Uses</b></p>	<p style="text-align: center;"><b>Dosage and application</b></p>	<p style="text-align: center;"><b>Contraindications</b></p>	<p style="text-align: center;"><b>Observations</b></p>
<p>Promotes digestion.</p> <p>Improves gastric juices secretion.</p> <p>Eliminates intestinal gases.</p> <p>Improves circulation.</p> <p>It can be used as a soft diuretic.</p> <p>Fights fever.</p> <p>Improves psoriasis.</p> <p>Fights insomnia, balances nervous system.</p> <p>Fights headache.</p> <p>Relieves symptoms of rheumatic diseases.</p> <p>Stimulates respiratory system.</p>	<p>Infusions and decoctions with crushed root, most active part of the plant, 20 to 30 grams per liter of water.</p> <p>Tender leaves and seeds can be added.</p> <p>Take 1 cup of tea before each meal, 3 times a day.</p> <p>For external use, used in baths with a decoction of 100 grams of plant in 1 liter of water, added to the bath.</p> <p>Precautions: do not prepare liqueurs with this plant, since it has adverse effects due to its high content of alcohol that exceeds</p>	<p>Holly Ghost Herb essential oil is toxic and must not be ingested; it is recommended for topic use only.</p> <p>Not recommended for people with diabetes tendency, given that its use can increase sugar levels in urine.</p> <p>Not recommended for pregnant or breastfeeding women.</p>	<p>Ghost Spirit root is used to treat heavy digestions and lack of appetite.</p> <p>The plant is recommended to treat anorexia disorders.</p> <p>Essential oil from the root, and that extracted from seeds, is used in perfumery, in medicine and is harvested as food flavoring.</p>

	its possible medicinal properties.		
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**The Blessed Virgin Mary**

05.24.2017

Serious illnesses are approaching that attack the digestive system; use the plant known as **ANGELICA(1)** and use the whole plant properly, pregnant women being cautious. A disease is coming that will attack the eyes; for this, use the plant known as **EUPHRASIA(2)**.

<p><b>Scientific Name:</b> <i>Euphrasia officinalis</i><sub>L</sub></p> <p><b>Common Name:</b> Eufrasia</p> <p><b>Family:</b> Orobanchaceae.</p>			
<p><b>Uses</b></p>	<p><b>Dosage and application</b></p>	<p><b>Contraindications</b></p>	<p><b>Observations</b></p>

<p>It has ophthalmic, digestive, stomach, tonic, healing, astringent, analgesic and bile juice stimulant properties. It gathers 3 therapeutic properties: digestive, anti-inflammatory and antiseptic. Traditional Uses: diarrhea, conjunctivitis (topic use), rhinitis, stomatitis, pharyngitis, coryza, colds and flu.</p>	<p>Infusion 2-3 g per cup, infuse 10 min. Take 3 cups a day after meals.</p> <p>Compresses, eye drops or eye baths, gargles, nasal washes or instillations.</p> <p>Add 5 tablespoons in 250 ml of boiling water, leave 10 min. in infusion, apply poultice as hot as possible, wrapped in gauze on the sty. eye.</p>	<p>Caution recommended in diabetic or hypoglycemic patients and in those ingesting medicines, herbs, or supplements that affect sugar in blood.</p> <p>No contraindications known. Nevertheless, application of ophthalmic preparations implies a potential risk of contamination.</p> <p>Not recommended during pregnancy or</p>	<p>No data has been reported on safety during breastfeeding, although its internal use is not recommended due to the presence of alkaloids not well defined.</p> <p>Use in eye affections requires solutions applied in the eyes be sterile, to avoid infections.</p>
		<p>breastfeeding, or in pediatric patients.</p>	

### The Blessed Virgin Mary

03. 12.2017

“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.”

<p><b>VITAMIN C</b></p> <p>It is a water-soluble vitamin. It is necessary for normal growth and development. Water-soluble vitamins dissolve in water. The surplus amounts of vitamin leave the body through its urine. That means a person needs a constant supply of such vitamins in his or her diet. Vitamin C is needed for the growth and reparation of tissues in all parts of the body.</p>	
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<p><b>Scientific Name:</b> <i>Allium Satioum</i></p> <p><b>Common Name:</b> Garlic</p> <p><b>Family:</b> Liláceas</p>	
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<p><b>Scientific Name:</b> <i>Zingiber officinale</i></p> <p><b>Nombre común:</b> Ginger</p> <p><b>Family:</b> Zingiberaceae</p>	
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### THE BLESSED VIRGIN MARY (in a vision)

06.03.2016

After the message from the blessed Mother on June 3, 2016, Luz de María had a vision in which she was given the following indications as natural remedies for the illnesses that are approaching.

*“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 THE OIL OF THE GOOD SAMARITAN (ACEITE DEL BUEN SAMARITANO). I GAVE YOU THE NECESSARY AND CONVENIENT INGREDIENTS.’*

*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 oil of oregano is not available, oregano can be boiled to make an infusion; however, the OIL OF OREGANO is a better antibiotic.”*

<p><b>Name:</b></p> <p>Oil of the Good</p> <p>Samaritan (Aceite del Buen Samaritano)</p>	<p><b>PREPARATION:</b> Mix the five essential oils with a base oil: Cinnamon (because it is an irritating oil, use a half measure), Clove, Lemon, Rosemary, and Eucalyptus. The base oil can be olive oil, almond oil or mineral oil.</p> <p>Amounts: 1 measure of pure oil for 5 measures of base oil. Mix all with wooden spoon until all oils are evenly mixed.</p> <p><b>RECOMMENDATIONS:</b> Elaborate in a cool place, without exposing the oils to direct light. Wear gloves and use a glass bowl.</p> <p>Test the mix on your forearm, wait 25 minutes. If skin reddens, wash with plenty of water or lavender oil, and little by little the redness will disappear. When this effect happens, add more base oil.</p> <p>Do not expose the oils to the air for a long time; keep them in a tightly closed amber color glass container to prevent evaporation. Keep out of the reach of children.</p>		
Uses	Dosage and application	Contraindications	Observations
We make clear that	Before each use	Do not use an	The recipe that the Mother has

<p>this oil does not cure diseases, it is not a magic formula. This recipe prevents contagion, so should be used in case of a pandemic such as bird flu, influenza A, climate change, conglomeration of people, hospital visits, contact with people with contagious diseases by bacteria, airborne virus, tonsillitis or the flu.</p> <p>Excellent prevention in case of sore throat or sneezing.</p>	<p>move the container softly so the oils get mixed.</p> <p>Apply and rub a few drops directly on the temples, throat, behind the ears, underarms, abdomen, joints, or full foot sole.</p> <p>To purify the air and remove viruses from the environment (home or office): use a diffuser, spray or pan of boiling water with a few drops. Another way to use: in a piece of cloth, handkerchief dust mask or cotton balls put 3 to 4 drops of oil and place over the mouth or on the pillow.</p>	<p>essential oil directly on the skin without first diluting it in a base oil. Oils on their own are irritants and must be carefully handled.</p> <p>For sensitive skin, apply only on foot sole.</p> <p>It is not recommended for children under 3 years of age.</p> <p>Pregnant women: Ask a professional about the negative effects of the essential oils</p>	<p>given us uses pure essential oils. If these cannot be found, you can get the corresponding herbs for each essential oil. With the same measure of each herb as used with the oil, place the leaves and the cinnamon sticks one by one in a slow cooker (ceramic electric) or in a double boiler (water bath, bain marie) and add a base oil, enough to cover them 2 cm above them, and cook for 8 hours; let cool, pour into glass container.</p> <p><b>Note:</b> Although the concentration is not the same as in the case of the essential oils because the herbs are not distilled, this recipe is of great help in the cases described above, though not as effective as the essential oils.</p> <p>Essential oils can be acquired in specialized stores or macrobiotic stores. Essences ready to mix can be found in every country.</p>
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<p><b>Scientific Names:</b>  <i>Origanum vulgare</i> or  <i>Lippia graveolens</i></p> <p><b>Scientific Name:</b>  <i>Origanum vulgare</i>  Originally from Europe</p> <p><b>Family:</b>  Lamiaceae</p> <p><b>Scientific Name:</b>  <i>Lippia graveolens</i>  Originally from America</p> <p><b>Family:</b>  Verbenaceae</p> <p><b>Common Name:</b>  Oregano</p>	<p><b>PREPARATION:</b> take oregano leaves and one of these oils: olive oil, grape seed oil or almond oil. Crush the oregano leaves in a mortar and put them in an amber glass container. Cover them with oil up to 2cm above the leaves. Keep the container in a cool and dry place for 3 weeks. After that time strain it and now you can use it. A clean glass container must be used.</p> 		
<p><b>Uses</b></p>	<p><b>Dose</b></p>	<p><b>Contraindications</b></p>	<p><b>Observations</b></p>

<p>Contains Vitamins A, B group, C and E and minerals: magnesium, zinc, iron, potassium and calcium.</p> <p>Very powerful antibiotic, with antiinflammatory action, heals cough, eliminates viruses such as flu, stimulates immune system.</p> <p>Eliminates bacteria, fungi, staphylococci, candida albicans, E. coli, salmonella, ringworm, vaginal infections, etc.) and even the most powerful bacteria. Prevents development of intestinal parasites.</p> <p>Improves skin infections.</p> <p>Fights free radical and</p>	<p>Immune system: take 1 to 3 daily drops.</p> <p>Infections and fungi: wash and dry each nail, apply oil in the affected area twice a day. Take 3 drops diluted in a glass of water, 3 times a day. For a more aggressive treatment: ingest daily in a spoonful of honey 5 to 6 drops of oil or fill a capsule and take it once a day during meal.</p> <p>Tooth and gum ache: add 2 drops in a gaza and rub the affected area.</p> <p>Muscle, rheumatic pain and sprains: rub the area with oil.</p> <p>Lung discomfort and cough: inhale using a vaporizer.</p> <p>Cuts, abrasions and burns: apply to reduce pain and disinfect.</p>	<p>Not recommended for: anemia patients -given that it inhibits iron absorption- pregnant or breastfeeding women, people with sensitive skin or allergic to the plant, people taking more than 3 pharmaceutical medications, or those who drink too much alcohol.</p> <p>Children under 7 year: topic use only, use 1 drop diluted in a tablespoon of olive oil. Oil can be inhaled from a dropper or in a piece of cloth. Elder children can ingest: 1 drop diluted in olive oil,</p>	<p>Oregano contains compounds that might cause abortive effects. Keep it away from eyes, mucous membranes and sensible skin. Ingest only Sylvester oregano oil diluted or encapsulated.</p> <p>Pure essential oil is very potent to ingest.</p> <p>Since it is a powerful antibiotic and fungicide, when it eliminates pathogens, toxins are released in the bloodstream; that might cause fatigue or cold, strange skin irritation. This is known as healing crisis or Herxheimer reaction.</p> <p>To avoid discomfort, drink 8 to 12 glasses of</p>
<p>retards aging due to antioxidant effect.</p> <p>Analgesic, useful in case of kinks, low-back pain, arthritis, toothache, burns, cuts and scrapes.</p>	<p>Purify and clean the air: add 10 drops in water and spray to kill bacteria.</p>	<p>juice, or in a drop of honey. Do not exceed doses, given that the liver can overload. Do not take for more than 15 days when used as a disease treatment.</p>	<p>water per day, to help purge toxins in the blood.</p>

The Blessed Virgin Mary

28.01.2016

Use mullein and rosemary in discreet amounts.

(\*) Note:

The scientific name for Rosemary is Rosmarinus officinalis  
The scientific name for the plant commonly known as Mullein is Verbascum thapsus

<p><b>Scientific name:</b> <i>Verbascum thapsus</i></p> <p><b>Common name:</b> Mullein or Verbascum, Sirius of Our Lady</p> <p><b>Family:</b> Scrophulariaceae</p>			
Uses	Dose	Contraindications	Observations
<p>Costa Rica's National Medicine Information Center mentions flowers, and sometimes leaves, stems and roots are used. There are no specific indications, but traditional indications.: Systemic heal of sore throat associated to cough and colds. It has expectorant, cough suppressant properties, useful to treat sore throat. Activity against the following virus has been described: Type I simple herpes and A and B influenza.</p>	<p>Used in infusion, decoction or cold maceration; maceration is used for emollient ointments. Recommended dose 3-4 grams per day. Tea: add 2 teaspoons of dried leaves and flowers in a cup of hot water, leave to rest for 10 to 15 minutes, strain and drink. Consume 3 cups of</p>	<p>Allergic reaction to mullein: No secondary effects have been reported related to its consumption. Not proven in children under 12 years, or during pregnancy and breastfeeding, therefore its use is not recommended in these cases. Recommended</p>	<p>Treatments for more than one week are not recommended.</p> <p>During this time if symptoms get worse, or in case of fever or difficulty to breath, consult a doctor.</p> <p>Consult a doctor on the use of natural supplements before including them as a treatment.</p> <p>The use of plants in places where they are sprayed with herbicides is not recommended.</p>
<p>Other sources recommend its use for: asthma, allergies, bronchitis or tracheitis, angina treatment, ulcers, eczemas, skin rashes, chilblains, wound healing, fluid removal, hemorrhoids, bowel inflammation stomach cramps, constipation.</p>	<p>tea per day. Tea can be ingested for relaxations. Take mullein after meals.</p>	<p>if other alternatives are not available and benefits exceed risks.</p>	

<p><b>Scientific name:</b> <i>Rosmarinus officinalis L.</i></p> <p><b>Common name:</b> Rosemary</p> <p><b>Family:</b> Lamiacea</p>	
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Uses	Dose	Contraindications	Observations
<p>Produces a favorable effect on digestion, eliminates spasms, reduces gases, colic and flatulence, favours secretions and stimulates gastric and intestinal juices. Topic use on skin to control pain due to arthritis, rheumatism and circulation.</p> <p>Oil fights bacteria such as:  <i>Bacillus sibtilis</i>,  <i>Staphylococcus aureus</i>,  <i>Escherichia coli</i>,  <i>Microcuccus luteus</i>, <i>Vibrio cholerae</i>, <i>S. albus</i>,  <i>Corynebacteriun spp</i>,  <i>Salmonella spp</i> and <i>Listeria monocytogenes</i>. Oil used topically: stimulates circulation, stomach spasms, effective against bacteria, fungi and other microorganisms. Used orally in gallbladder conditions, biliary dyspepsia, biliary dyskinesia, biliary lithiasis or cholelithiasis, menstrual pain, headache, mouth and pharyngeal conditions</p>	<p><b>Adults: 2g/150 ml, 2-3 times per day.</b></p> <p><b>Leaves infusion: add 1</b> teaspoon dried and shredded leaves in a cup of boiling water for 10 minutes. Filter it and take 2 to 3 times a day, after meals as digestive and to treat colds, headaches and even depression.</p> <p><b>Cooking:</b> Boil a portion of leaves in 1 liter of water for 10 minutes. Apply as compresses to relieve rheumatic pain.</p> <p><b>Inhalation:</b> Inhale some drops of essential oil in a tissue to energize brain and to improve concentration.</p> <p><b>Compresses:</b> Use one cup of Rosemary infusion to relieve sprains. Alternate use of hot infusion with ice packs every 2 to 3 minutes for a better result.</p> <p><b>Tincture:</b> Take up to 50 drops (1/2 teaspoon), 3 times a day to reduce fatigue and nervousness. Combine an equal amount of wild oats or verbena tincture for depression.</p>	<p>Allergy to Rosemary or to any compound of this product, biliary obstruction, epileptic patients, infants and children should prevent its ingestion.</p> <p>Long doses can produce convulsions and death.</p> <p>Patients with the following conditions must avoid hot baths: open wounds, extensive skin lesions, fever, acute inflammation, severe circulatory conditions or high pressure.</p>	<p><b>Administer after meals.</b></p> <p>Its use is not recommended for people with gallstones.</p> <p>Rosemary could lead to abortive effects; it can affect menstrual cycle.</p> <p>Useful to scare away plagues. Place some branches in cabinets and cupboards.</p> <p>It has been observed that an infusion made from rosemary and nettle to rinse hair can accelerate growth and prevent dandruff formation.</p>
<p>such as stomatitis or pharyngitis. Topical uses: avoid hair loss, dermatitis or skin lesions, wound healing, mild antiseptic and as an oily or alcoholic solution it can be used as insect repellent.</p>	<p><b>Rosemary oil:</b> Dilute a few drops in a base oil if necessary, given that essential oils can be very powerful and might irritate skin.</p>		

The Blessed Virgin Mary

31.01.2015

“Another disease is spreading affecting the respiratory system; it is highly contagious. Have holy water; use the **WHITE HAWTHORN** and the **ECHINACEA** plant to fight it.”

<p><b>Scientific Name:</b> <i>Echinacea purpurea</i></p> <p><b>Common Name:</b> Echinacea, Purple coneflower</p> <p><b>Family:</b> Asteraceae</p>			
Uses	Doses	Contraindications	Observations
<p>Reduces cold symptoms (<u>mucus</u>, <u>cough</u>, <u>fever</u>) accelerates recovery; diminishes respiratory system diseases: sinusitis, pharyngitis, bronchitis, etc.; block action from virus and bacteria; boosts immune system.</p>	<p>Infusions: leaves and root's dry extract are used. First day 5 cups, the amount of cups is reduced according to symptom reduction.</p> <p>Drops: 20 drops daily for 2 months, rest for 2 months.</p>	<p>Might cause allergic reactions in children under 12 years old. Not recommended in case of autoimmune or hepatic diseases. Consult a doctor when pregnant or breastfeeding. Can interact with substances and medications; reduces ability of the organism to decompose caffeine and obstructs synthesis of medicines eliminated through the liver.</p>	<p>Recommended for immediate ingestion, respecting resting times indicated.</p>

<p><b>Scientific Name:</b> <i>Randia aculeata</i>, <i>Randia karstenii</i></p> <p><b>Common Name:</b> White Hawthorn, White Indigo Berry</p> <p><b>Family:</b> Rubiaceae</p>			
Uses	Dose	Contraindications	

<p>Increases hemoglobin levels after a snake bite.</p> <p>Green fruits are used against diarrhea and mucous leukorrhea.</p> <p>Heart failure: abnormal heart rhythm, tachycardia, arrhythmias. Prevention of angina pectoris, postinfarction recovery. Sedative.</p> <p>Used to treat nervousness or anxiety symptoms.</p>	<p>Administer after meals.</p> <p>Heart failure: 160-900 mg daily, divided in 2-3 doses.</p> <p>Infusion is recommended for an unknown disease that will cause high fever, purple blackened lips, spasmodic movements and strong jerks.</p> <p>Moisten a bunch of white hawthorn leaves in hot water for 8 minutes.</p> <p>Administer orally during day and night until symptoms decrease.</p>	<p>No Contraindications are known.</p> <p>Nevertheless, not recommended to use together with medications for heart or circulatory problems, or together with benzodiazepines (medicine that acts on the central nervous system and for insomnia, if not under control of a specialist).</p>
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## Our Blessed Virgin Mary

11.10.2014

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

<p>Scientific name: <u>Ginkgo biloba L.</u></p> <p>Common name: Maidenhair tree</p> <p>Family: Ginkgoaceae</p>			
<b>Uses</b>	<b>Dose</b>	<b>Contraindications</b>	<b>Observations</b>

<p><b>Improves blood circulation:</b> Legs, feet, coronary arteries, head, eyes (vision) genitalia, brain capillaries Regulates hypertension, asthma, depression, vertigo, and atherosclerosis.</p> <p><b>Protects the brain from senile dementia, stroke and neurodegenerative diseases.</b></p> <p><b>Cognitive benefits:</b> Improved thinking</p> <p><b>Improved memory</b></p> <p><b>Better social behavior.</b></p>	<p><b>To improve blood circulation:</b> Take three (3) times per day for a total of 120 mg of extract per day.</p> <p><b>Brain diseases:</b> From 60 to 240 mg per day divided to take three times per day throughout the day.</p> <p><b>Asthma and allergies:</b> A total of 120 mg of extract per day divided to take 3 times each day.</p>	<p>If it is taken in doses greater than recommended, it can cause drowsiness, nervousness, vomit, or diarrhea.</p> <p>During the first two days of treatment, it can cause headaches.</p> <p>Do not use on children under 2 years of age.</p> <p>Consult a medical doctor in case of pregnancy or breast feeding. The administration of ginkgo in conjunction with blood thinners like aspirin, or warfarin or heparin could cause hemorrhage Do not take for days before surgery and for 2 months afterward.</p>	<p>Consume only prepared and sanitary controls of the</p> <p>Homemade or toxic preparations or leaves and may allergies.</p>
<p><b>Scientific name:</b> <u>Urtica dioica L.</u></p> <p><b>Common names:</b> Nettle, big string nettle, common nettle, stinging nettle, gerrais, isirgan, kazink, nabat al nar, ortiga, grande ortie, ortie, urtiga</p> <p><b>Family:</b> Urticaceae</p>			
<p><b>Uses</b></p>	<p><b>Dose</b></p>	<p><b>Contraindications</b></p>	<p><b>Observations</b></p>

<p>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.</p>	<p><b>Digestion, constipation:</b> Infusion 2 table spoons dry leaves for each liter of water. Take three times per day before every meal.</p> <p><b>Diarrhea, tuberculosis, asthma, and as a diuretic:</b> decoction of the dry roots for 10 minutes. Take three cups per day.</p> <p><b>For blood circulation and hemorrhage:</b> Crush the plant, sift the pulp to obtain the juice. Take. ½ cup per day: ¼ cup in the morning and ¼ cup in the evening.</p> <p><b>Jaundice:</b> Decoction of 5 tablespoons of the dry plant per liter of water. Take a couple of cups per day.</p> <p><b>Diabetes:</b> Boil a handful of nettles in water and take 3 cups per day.</p> <p><b>Anemia:</b> infusion of 1 tablespoon of the dry plant three times per day.</p> <p>At least 3 cups of juice of nettle should be taken per week, even better if you take a cup per day.</p> <p>It can also be used as compresses with the decoction of the plant or cataplasms applied directly to ulcers, skin rashes, and swelling.</p>	<p>Skin lesions when the plant comes in contact with the skin.</p> <p>Diabetics may have their blood sugar levels affected if taken in large doses; be alert to avoid hypoglycemia.</p> <p>It may affect blood pressure and it may interfere with medication used to control hypertension.</p> <p>It's contraindicated in case of renal failure, nephritis, and inflammation of the kidneys or during pregnancy.</p>	<p>It has high contents of calcium, iron, phosphorous, potassium, and magnesium.</p> <p>Nettles are wild edible plants as long as they are collected from clean places free from grazing animals and crop pesticides.</p> <p>To prevent skin irritation use gloves when collecting the plants which should be let stand for half a day before cooking.</p> <p>All preparations must be strained because the plant contains very irritating hollow stinging hairs or trichomes.</p> <p><b>The dry leaves may be stored.</b></p>
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For more information: <http://www.botanical-online.com/medicinalsurticadioicacastella.htm> **Our Lord Jesus Christ**

04.01.2018

“My people, I see beyond, and the disease that is approaching humanity will find a cure with the plant artemisia annua l. On the skin.”

## 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.*"

<p><b>Scientific name:</b> <u>Artemisia annua L.</u></p> <p><b>Common name:</b> Sweet wormwood, sweet annie, sweet sagewort, annual mugwort[1] or annual wormwood (Chinese: 青蒿; pinyin)</p> <p style="text-align: right;"><b>Family:</b> Asteraceae</p>			
Uses	Dose	Uses	Dose
<p>To kill the malaria parasite (Plasmodium), to improve cases of psoriasis and leukemia.</p> <p>It has anti-microbial activity.</p> <p>Boosts the immune system against Ebola, fever, hepatitis B and C, HIV, and hypertension. It acts as an anti-inflammatory, antioxidant and immunosuppressive.</p>	<p><b>Infusion:</b> 4 infusions per day for a week or one per day as preventive medicine. Add 5 to 10 gr of the dry plant to 500 ml of boiling water. Let stand for 10 minutes before straining.</p> <p><b>Malaria:</b> The tea must be taken for 7 days or even 12 days. All precautions should be taken to avoid a new infection.</p>	<p>Not to be taken by pregnant women or those who are breast feeding. Not to be taken by people using anticoagulants like warfarin. Its use may cause vomit, diarrhea, abdominal pain, hives, nausea, bradycardia or hypoglycemia.</p> <p>Contact with the plant may cause allergic reactions.</p> <p>Do not use for a long time, it accumulates in nerves.</p>	<p>The average life is short: 1½ hours.</p> <p><b>Interactions:</b> With grapefruit juice and with medicines that are metabolized by cytochromes (some liver proteins).</p>

## THE BLESSED VIRGIN MARY

10.13.2014

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

## THE BLESSED VIRGIN MARY

10. 13.2014

**“HUMANITY HAS COMFORTABLE FEEDING HABITS BUT WHICH ARE TOTALLY HARMFUL FOR THE HUMAN ORGANISM, AND CONTINUALLY DESTROYS AND MAKES SICK.** In this instant man’s organism is saturated by bad eating habits, making it a weakening organism and the new diseases causes man a lot of harm.”

*Light of Mary asks our Mother what must we do to make the organism more resistant against the plagues that are coming.*

“The Blessed Mother responds:

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 to purify.”

**OUR LORD JESUS CHRIST**

10. 27.2014

“I do not abandon you. Do not forget to keep in your homes the blessed grape in My Name for the instants of shortage.”

**CHRIST’S REQUEST REGARDING THE BLESSED GRAPES, Luz de María commented:**

Christ indicates to us that we must seek a priest and ask him for the blessing of a cluster of grapes or for one single grape, since one blessed grape can feed two people and thus help them survive without food, if they have Faith and they are properly prepared; this will help for the times of food shortage.

To bless the rest of the grapes:

With the grape already blessed by a priest, proceed to bless the rest in the following way:

Each grape must have a piece of the stem that joins the cluster, therefore it is recommended to cut the grapes with scissors.

The rest of the grapes should be blessed with the blessed grape, one by one, saying: “In the Name of the Father and of the Son, and of the Holy Spirit, amen,” while rubbing the blessed grape being used to bless the others against the other grapes.

Then sterilized jars are used to hold the grapes that are blessed (fill  $\frac{3}{4}$  of the jar with grapes) and then wine or brandy is added to each jar; no other liquor is to be used. The jar is sealed and the grapes are preserved there as long as needed, until they are consumed. From these already blessed grapes, one can share with one’s brothers and sisters, as the grapes already carry the blessing and so others can prepare their own blessed grapes.

Fifteen years ago, Christ had requested for us to bless grapes and they are still in good condition.

If in some country one cannot find grapes, one can use other fruit that is present in abundance and is small like a grape.

When Christ mentioned to me again this request of the blessed grapes, I remembered also the Grapes of San Damian, which I share as follows:

During one of the apparitions of the Blessed Virgin Mary to Mother Rosa Quatrinni, seer of San Damiano (1964-1970), Italy (she is already deceased), Our Lady blessed a cluster of grapes, indicating to her that these grapes would sustain all those who have faith in the nutritional value of these grapes and nourish themselves with them during the days of the antichrist (the "mark of the beast," the wars, famine, droughts, plagues, catastrophes, calamities, and illnesses).

Then the Blessed Virgin Mary indicates how to transfer the blessing of the grapes from one blessed grape to a new cluster of grapes, so more people may benefit from them.

With the grapes still being on the cluster, they are washed completely in a solution of water and one or two drops of liquid soap; then they are rinsed. Then the grapes on the cluster are cut with scissors, trying to leave a piece of the stem on each grape. A blessed grape is then taken and is rubbed against a fresh grape making the Sign of the Cross, while the following is said: "In the Name of the Father and of the Son and of the Holy Spirit. Amen." Have a clean glass receptacle ready that has a lid that closes well.

Certain prophecies have come to light in which it is said that the soldiers who will fight under the banner of Jesus and Mary against the forces of the antichrist will be guided by St. Michael the Archangel.

These men will be full of strength and yet they will not require food. This fact will astonish other people who will join these soldiers, increasing the small Marian forces until they become a gigantic army. They will fight to defeat the forces of the antichrist. The Blessed Virgin has communicated to many saints and seers that these troops will be fed from Heaven. Perhaps the Blessed Grapes are one of the many miracles of the end times to which the saints of olden times referred in their visions.

**Luz de María**

22.04.2010

"Christ and the Blessed Mother have told me that if we bless the food that is contaminated – of course always maintaining much faith – it will not cause us harm."

Heaven does not desert Its faithful children, so It has given recommendations to face the contamination of food, especially for those who live in places where the majority of food is contaminated.

**PRIVATE MESSAGE FROM OUR LORD JESUS CHRIST TO LUZ DE MARIA**

11.2012

“Beloved daughter, a spoonful of honey and some nuts will be enough food for the survival of the body, these will provide what is necessary for all the organs to function properly. Mention this to My children so it is a blessing for them in moments of famine.”

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