

# MEDICINAL PLANTS



LUZ DE MARÍA

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# GENERAL INDICATIONS

Brothers and Sisters:

We are going to share the Messages in which Heaven has given us indications and recommendations to use the different medicinal plants to prevent and combat the diseases that humanity is facing and will face; unknown diseases or that were thought to be eradicated will return. These diseases are rapidly transmitted and highly contagious, which is enhanced in a globalized world, in which science does not have a cure to eliminate them and rather is being misused against man himself.

This is why Heaven alerts us and prepares us in advance. At this moment we see a great number of Messages revealed since the year 2009, which have been fulfilled. In these Messages we were warned of diseases, viruses, plagues and even pandemics that would affect humanity, some of them product of nature itself and others product of misused science, directed by a machinery of evil.

At this moment, virus mutations are occurring and manifesting themselves in pandemics. Heaven does not abandon us and has given us indications to help us, not to stop the disease in a person, but to protect us more and to strengthen our organism.

# GENERAL INDICATIONS

As an example, in the commentary of the message received on June 9, 2016, given by Our Lord Jesus Christ, Luz de Maria told us the following:

“...we are warned as to the great imbalance that exists because of the manipulation of a group of people. They have devoted themselves for years now to deciding the fate of Humanity on the earthly plane. We will be invaded by constant plagues and illnesses spread all over the Earth, with the aim of reducing the world population. The war will be more overt.”

In the face of so much Divine Love manifested in each revelation, we must awaken our conscience and be grateful for all that has been given to us, using it for our own good and that of our brothers.

This document explicitly presents the Messages referring to the medicinal plants indicated by Heaven. In some cases they indicate the uses, properties and contraindications that every medicinal plant has, however, it is the responsibility of each person to investigate in depth the dosage, contraindications and interaction of the plant with their

# GENERAL INDICATIONS

particular organism and with other medical treatments they receive, so as not to create interference or intoxication by combination of substances, always considering their state of health. Careful research is necessary for each person considering the use of medicinal plants; and this need should be transmitted to those who are recommended to use them.

In our eagerness to be fraternal, we have consulted experts in the field and we present the basic information of the medicinal plants recommended by Heaven and we present the following considerations of great importance for their proper use and greater benefit.

In this document, we have classified the plants according to their properties and the indications of the Blessed Mother, of how they favor and strengthen some systems of the human organism, so that it can be used as a document of easy understanding for the application and proper use of the plants.

We recommend to carefully review the following indications:

- 1- Certain medicinal plants recommended by the Blessed Mother include indication of dosage, forms of use and contraindications,

# GENERAL INDICATIONS

however, in most of them, the Blessed Mother indicates only the plant and it is the responsibility of each person to investigate those that are only cited and to complement the knowledge of each plant and remedy given by Heaven.

2- Each person is responsible for knowing and analyzing his/her particular health situation (or that of the person to whom he/she recommends it) and taking into consideration the allopathic medicines (treatment with drugs) that he/she uses in order not to create pharmacological interactions or intoxication.

3- People with heart disease, hypertension, anti-clotting, diabetic, immune, digestive and liver problems, among others, should be especially careful in the use of medicinal plants.

4- The use of medicinal plants during pregnancy and breastfeeding is not recommended because they can cause adverse and dangerous effects on the body of the mother and child.

5- In the case of children under 7 years of age, the use of medicinal plants is not recommended, since they can cause very intense adverse effects and their organisms are not prepared to metabolize the substances that the plants contain and there is not enough scientific evidence to justify it. The use of plants through essential oils could be used with great caution by applying the oil on the soles of the feet, in

# GENERAL INDICATIONS

children over 3 years old.

6- There are several ways to use medicinal plants, mainly in natural form or in essential oils, but in all cases it is necessary to know the appropriate dose, according to the characteristics of the plant and the health situation of the person. Due to the above, it is the responsibility of each person to determine how to use the different plants.

7- It should always be taken into account that most medicinal plants used in excessive amounts or inappropriately, have some degree of toxicity.

8- It is recommended to start the use of medicinal plants preventively, alternating them and not using them for more than two weeks at a time, as long as their use is preventive. In case of illness, the plant should be used according to the indications for each one, which should be consulted and investigated responsibly.

9- Another important aspect to consider is that some plants recommended by Heaven do not have scientific studies that support all their properties and uses, however, being indicated by the Blessed Mother and by Our Lord Jesus Christ, it is considered that Divine Wisdom and Science transcends current human knowledge and in Faith we trust in Heaven's indication for the good of each of Her children. Furthermore, with loving insistence, Our Lord tells us to use the

# GENERAL INDICATIONS

medicines that His Will has given us.

10- The information published in this document contains a basic compilation about each plant and serves as a guide for the readers, but each one is responsible for carrying out a deeper investigation, considering reliable sources, to give the medicinal plants the most appropriate use, according to their particular situation.

*Medicines will be lacking: be prepared, and for this you have received from the Father's House the indications that are indispensable for you to fight disease with the fruit of nature. **Saint Michael the Archangel, 05.15.2022***

*You must have the medicines that Heaven has given you in order to overcome the illnesses that will come. **Saint Michael the Archangel, 02.19.2022***

*It is important to raise up your Immune System: the body is the Temple of the Holy Spirit, do not forget. **The Most Holy Virgin Mary, 11.29.2021***

# GENERAL INDICATIONS

*Brothers and sisters, we need to have blessed grapes, and as St. Michael the Archangel indicated to us, to have the medicines given by Heaven, which will be effective for the disease that is coming.*

*Saint Michael the Archangel indicated to me the medicinal benefit of fruits such as blackberries, especially wild ones, and dark-colored fruits such as grapes, plums and blueberries, among others. Red or purple vegetables such as purple cabbage, eggplant and others. **Commentary by Luz de Maria, 02.19.2022***

# DETOXIFICATION



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## BOILED WATER

*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. Luz de Maria asks our Mother what we must 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.”* **The Most Holy Virgin Mary, 10.13.2014**



# BLACK BERRY

**Scientific name:**

*Rubus ulmifolius*

**Family:**

Rosaceae

**Known as:**

blackberry or mulberry

*"Beloved, as a Mother who sees beyond what you see, I ask you to eat the blackberry/mulberry. 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 Most Holy Virgin Mary, 10.13.2014***

It has the following properties:

- Contains natural antioxidants.
- Contains vitamins A, C and E and minerals such as zinc and manganese that benefit immune system, reinforcing defenses.
- Provides dietary fiber, that facilitates intestinal transit.



# RAW GARLIC

**Scientific name:**

*Allium sativum*

**Family:**

Liliaceae

*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. **The Most Holy Virgin Mary, 03.12.2017***

It has the following properties:

- Consuming garlic naturally, that is, without having it added to any preparation, is the perfect remedy to purify the blood, since it contains sulfur, which helps to progressively decrease toxins in the body.

# IMMUNE SYSTEM



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# VITAMIN C

**Known as:**  
Ascorbic Acid

Vitamin C has the following properties:

- Strengthens immune system.
- Preventive effect on diseases.
- Antihistaminic properties.
- Increases hemoglobin production.
- Contributes to growth and repair of body tissue.



# RAW GARLIC

**Scientific name:**  
*Allium sativum*

**Family:**  
Liliaceae

Garlic has the following properties:

- Bactericide effect.
- Useful in disease prevention.
- High Vitamin C content.
- Contributes to the correct functioning of the thyroid gland, favoring the basic metabolism.



## GINGER

**Scientific name:**  
*Zingiber officinale*

**Family:**  
Zingiberaceae

Ginger has the following properties:

- Reinforces immune system.
- Maintains the defenses of the organism.
- Fights intestinal bactericide infections.
- Expectorant and antibiotic.

*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. **The Most Holy Virgin Mary, 03.12.2017***



## ECHINACEA

**Scientific name:**  
*Echinacea purpurea*

**Family:**  
Asteraceae

Echinacea has the following properties regarding the immune system:

- Boosts the immune system, given that it is a natural antibiotic capable of activating leukocyte production.
- Anti-inflammatory.
- Adjuvant in combating infectious processes, viruses and bacteria.



# ARTEMISA ANNUA

**Scientific name:**

*Artemisia annua L.*

**Family:**

Asteraceae

**Known as:**

Sweet Artemisa

Artemisa plant has the following properties related to the immune system:

- Boosts the immune system.
- Antimicrobial activity.
- Used to fight the malaria parasite.
- Strengthens psoriasis and leukemia treatments.
- Recommended to fight against Ebola, fever, hepatitis B and C and AIDS.

*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." **The Most Holy Virgin Mary, 10.11.2014***

*Beloved children of My Immaculate Heart, it is necessary that you strengthen your immune system, the plague is advancing mercilessly. Use the ARTEMISIA plant as an infusion at this time. **The Most Holy Virgin Mary, 04.12.2021***



# GINKO BILOBA

**Scientific name:**

*Ginkgo biloba* L

**Family:** Ginkgoaceae

**Known as:**

ginko o gingo

Ginko has the following properties related to the immune system:

- Increases blood flow through the circulatory system.
- Helps in the liberation of vitamins and minerals necessary for the immune system.

*Ginkgo plant was recommended by the The Most Holy Virgin Mary to treat a strange disease that would attack the immune system. **Luz de María Reflexion, 11.10.2014***



# MORINGA

**Scientific name:**  
*Moringa oleifera*

**Family:**  
Moringaceae

**Known as:**  
tree of life, ben oil  
tree or horseradish  
tree

It has the following properties allusive to the immune system:

- Strengthens the immune system.
- It has antioxidant, anti-inflammatory, analgesic, anti-diabetic, vasodilator, anticholinergic, anti-rheumatic, antihypertensive, anti-obesity, antimicrobial, hepato-protective and healing action.

*Pray children, pray, pray, the new disease will be very serious and contagious to the point of being lethal. Protect your immune system and have calendula cream and moringa ready for you to take.*

**Our Lord Jesus Christ, 08.22.2022**



# GREEN TEA

**Scientific name:**

*Camellia sinensis*

**Family:**

Theaceae

It has the following properties allusive to the immune system:

- Strengthens the immune system
- Helps reduce stress and anxiety
- Delay cellular aging.
- Prevent heart diseases.
- Prevent infections.
- Improves overall quality of life

*My Beloved People, to keep the immune system high, take Moringa for no longer than two weeks, then rest for three weeks and begin again. Drink Green Tea, without excess. **Our Lord Jesus Christ,***  
**07.06.2021**



## GOOD SAMARITAN OIL

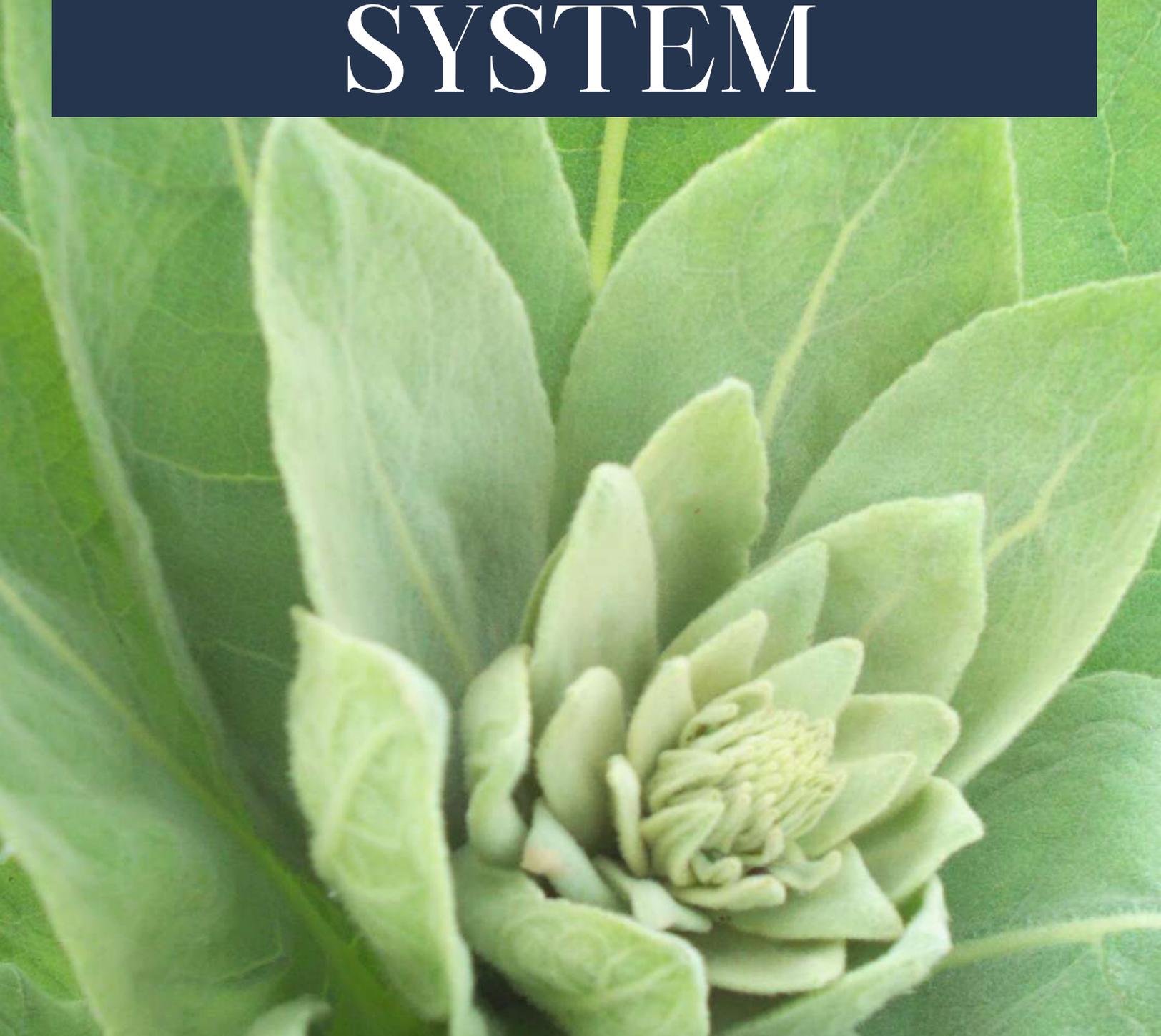
*Plague is advancing, My Children, it is advancing and changing into a pandemic, causing terror and fear. You have been warned by the Father's House and have the teachings about natural medicines for combating these contagious diseases. PREPARE THE OIL OF THE GOOD SAMARITAN TO PREVENT CONTAGION.*  
**The Most Holy Virgin Mary, 11.03.2019**

*Use the Oil of the Good Samaritan, the Oil of St. Michael the Archangel, calendula for hemorrhagic diseases. It is important that you strengthen your immune system. Daughter, explain to them what I will show you.*

*(Saint Michael the Archangel shows me the way in which evil will attack us in the midst of the war. First will come spiritual, then material attack on food, clothing, medicines that are essential for some people, together with the restriction of individual freedoms as a result of the new disease). **Saint Michael the Archangel, 02.19.2022***

*Great pestilences, plagues generated by unknown viruses are advancing upon humanity: use the oil of the Good Samaritan as protection faced with a case of a highly contagious disease where you live – the quantity of the head of a pin on the earlobes will suffice. If the number of those infected increases, you should put it on both sides of your neck and on the wrists of both hands. **The Most Holy Virgin Mary, 01.28.2020***

# RESPIRATORY SYSTEM



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# PINE

**Scientific name:**

*Pinus sylvestris*

**Family:**

Pinaceae

**Known as:**

Scots/Scotch pine, red pine, white pine

*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.*

Pine has the following properties:

- Buds (new leave 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, anti-inflammatory and diuretic properties.

*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. **Our Lord Jesus Christ, 01.03.2019***

*Attention, children! For various diseases, I have mentioned by Divine Will the use of pine. The Father's House does not abandon His children, warning and protecting them in advance. **The Most Holy Virgin Mary, 03.14.2021***



# MULLEIN

Mullein is used to treat the following conditions:

- Sore throat.
- Cough and colds (it has expectorant, cough suppressant properties)
- Bronchitis asthma, allergies.
- Certain Influenza virus.

**Scientific name:**  
*Verbascum thapsus*

**Family:**  
Scrophulariaceae

**Known as:**  
Verbascum, Sirius of Our Lady

*“Use mullein and rosemary in discreet amounts.”*  
**The Most Holy Virgin Mary, 01.28.2016**



# WHITE HAWTHORN

White Hawthorn has the following properties:

- Helps in heart failure and prevents angina pectoris.
- Recommended by the Divine Wisdom.

**Scientific name:**  
*Randia karstenii*, *sinónimo*  
*Randia aculeata*

**Family:**  
Rubiaceae

**Known as:**  
white indigo berry



# EUCALYPTUS

**Scientific name:**

*Eucalyptus*

**Family:**

Myrtaceae

It has the following properties:

- Relieves colds and respiratory ailments.
- Antiseptic and disinfectant against viral processes.
- Helps to decongest the lungs.
- Helps to fight rheumatism.
- Effective in mouthwashes.
- To disinfect wounds.
- Stimulates the functioning of the immune system.

*The plague is approaching: continue to use the Oil of the Good Samaritan, Eucalyptus leaves inside the homes, burning the leaves when necessary. **Saint Michael Archangel, 12.15.2020***



# ECHINACEA

**Scientific name:**

*Echinacea purpurea*

**Family:**

Asteraceae

Echinacea has the following properties related to the respiratory system:

- Fights respiratory system's diseases: sinusitis, pharyngitis, bronchitis.
- Reduces cold symptoms (mucus, cough, fever) and accelerates recovery.
- Acts preventively to reduce the effects of such pathologies.

*“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.”* **The Most Holy Virgin Mary, 01.31.2015**



# PINEAPPLE

Pineapple has the following properties related to the respiratory system:

**Scientific name:**

*Ananas comosus L*

**Family:**

Bromeliaceae

- Thanks to the bromelain, it has an antitussive effect in cases of chronic bronchitis.
- It can alleviate symptoms provoked by respiratory conditions, such as cough with phlegm or congestion.
- It helps to improve breathing congestion and respiratory tract diseases.
- The enzyme bromelain, being mucolytic, breaks down mucus.
- It strengthens the immune system.

*Pray, My children, pray, pray: a new disease is emerging for the skin and respiratory system; it is very aggressive and invasive and is transmitted in a short space of time. TO COMBAT THIS DISEASE, TAKE PINEAPPLE (OR “PIÑA”, DEPENDING HOW IT IS KNOWN WHERE YOU LIVE.\*) Add three slices of the fruit and a leaf of the same plant to boiling water and drink a liter of this decoction little by little during the day for several days. The plant called Mullein will also help you. **Our Lord Jesus Christ, 07.29.2023.***



## AVOID CROWDS

*When you hear of a strongly contagious respiratory illness, do not expose yourselves in crowds, or in places where you have to share several hours with your brothers and sisters, for example in airplanes and collective means of transport. Wait patiently for the said disease to abate. People of God be obedient and be patient, so that with due discernment and given My calls, you are cautious in undertaking trips that are not a priority. **Saint Michael Archangel, 18.08.2019***



OUTDOORS  
EXPOSURE AND  
GOOD  
SAMARITAN OIL

*My children are suffering more frequently from respiratory diseases, which increase, being recurrent and requiring long treatment.*

*Children, have you not asked yourselves why it is that you should be weaker faced with respiratory diseases?*

*Exposure to drastic changes in the climate greatly contributes to your bodies' being exposed to respiratory complications, but at the same time the hand of man is implicit, spreading chemicals and viruses through the air so that you fall sick more frequently, and these sometimes become mortal for human beings. Faced with this, you should protect yourselves in order to minimize exposure to white trails when they cover the atmosphere. At the same time, spray the oil of the Good Samaritan on what you have chosen to protect your nose and mouth.*

*Sick minds of powerful nations are the demons that spread the disease on My children in airplanes. Shut your homes and do not expose yourselves to the open air when you see strange forms in the atmosphere.”*

**The Most Holy Virgin Mary, 12.21.2019**

# DIGESTIVE SYSTEM



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# ANGELICA

## Scientific name:

*Angelica archangelica*  
L.

## Family:

Apiaceae

## Known as:

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).

Angelica has the following properties:

- Promotes digestion.
- Improves gastric juices secretion.
- Eliminates intestinal gases.
- To treat heavy digestions and the lack of appetite.
- To treat diseases that attack digestive system.

*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. **The Most Holy Virgin Mary,***  
**05.24.2017**



## ROSEMARY

**Scientific name:**

*Rosmarinus officinalis*  
L.

**Family:**

Lamiaceae

Rosemary has the following properties related to the digestive system:

- Stimulates gastric and intestinal juices.
- Eliminates spasms, reduces gases, colic and flatulence.
- Used in gallbladder conditions and dispepsia.

*Use mullein and rosemary in discreet amounts. **The Most Holy Virgin Mary, 28.01.2016***



## FUMITORY

**Nombre científico:**

*Fumaria officinalis L.*

**Familia:**

Papaveraceae

**Known as:**

Earth Smoke

Has the following properties:

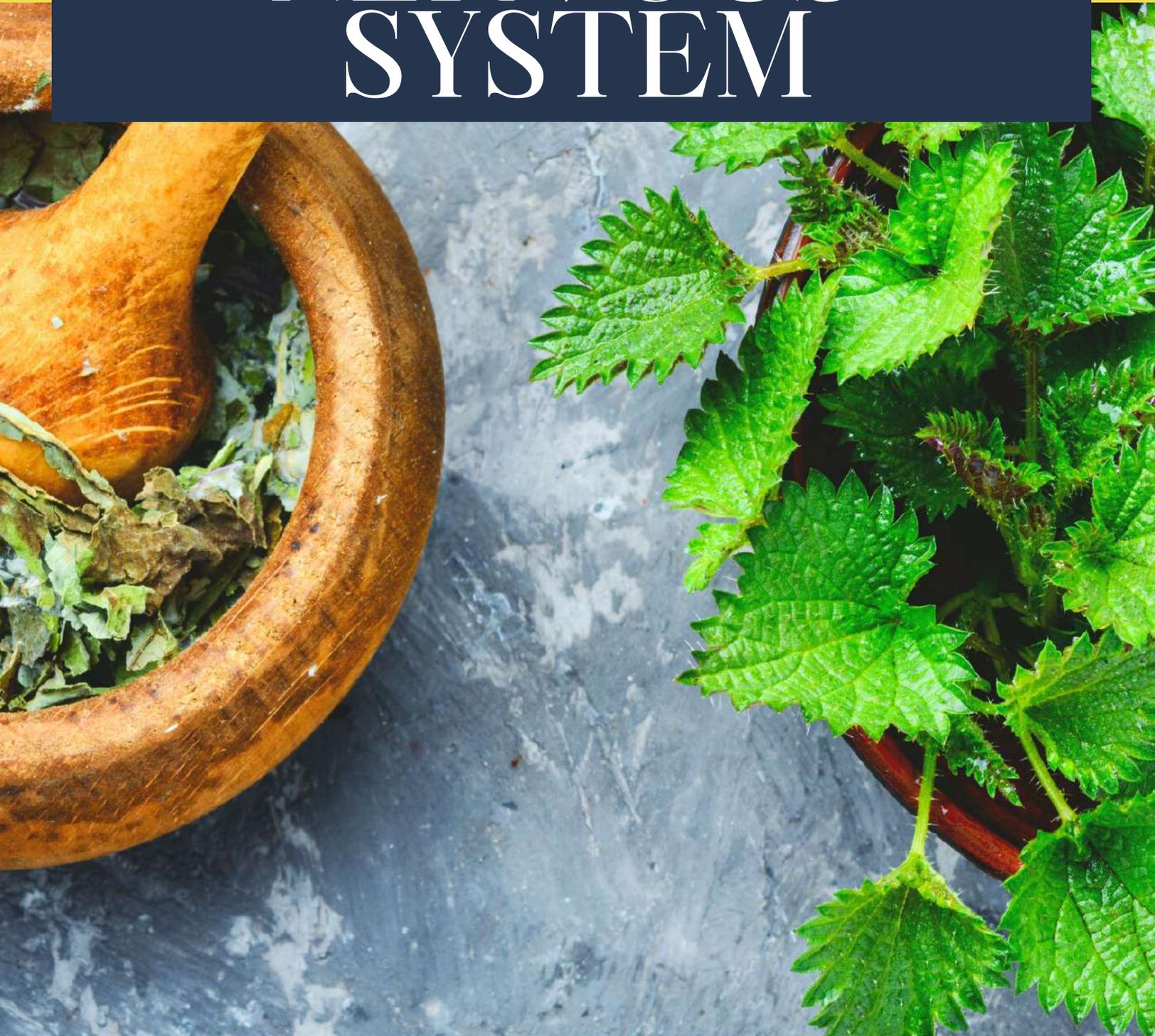
- Beneficial in case of nausea, vomiting, flatulence and hepatobiliary disorders.
- It helps digestion by being a biliary regulator and pancreatic secretion
- It can be used as an aperitif for its spasmolytic and decongestant properties.

\*The internal consumption should be done with great caution\*

*A NEW VIRUS WILL APPEAR...I call you to use the plant called *Fumaria officinalis L.* with its stems, flowers and leaves, marigold for the skin and garlic..*

***Our Lord Jesus Christ, 07.18.2022***

# NERVOUS SYSTEM



NETTLE

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# NETTLE

**Scientific name:**

*Urtiga dioica L.*

**Family:**

Urticaceae

Nettle has the following properties:

- As a painkiller, it helps to manage both anxiety and stress and to treat other nervous problems.
- It has benefits to retard aging and prevent memory-related problems.
- Anti-inflammatory, antiviral, antimicrobial, hepato-protective.
- It can be used to combat many ailments. The most effective way to ingest it is as infusion.

*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. **Luz de María Reflection, 11.10.2014***



# GINKO BILOBA

**Scientific name:**

Ginkgo biloba L

**Family:**

Ginkgoaceae

**Known as:**

ginkgo o gingo

Ginko has the following properties related to the nervous system:

- Protects the brain from senile dementia, stroke and neurodegenerative diseases.
- Cognitive benefits, improved thinking and memory.
- Regulates hypertension, asthma, depression, vertigo, and atherosclerosis.

*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. **Luz de María Reflection, 11.10.2014***

# EYE DISEASES



EUPHRASIA

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## EUPHRASIA

**Scientific name:**

*Euphrasia officinalis* L

**Family:**

Orobanchaceae

Euphrasia has ophthalmic properties:

- Anti-inflammatory, decongestant and eye reliever.
- Antibacterial and to treat conjunctivitis and sty.

*A disease is coming that will attack the eyes; for this, use the plant known as Euphrasia. **The Most Holy Virgin Mary, 05.24.2017***

# SKIN DISEASES

*My people, the suffering of humanity will be fiercer for all; disease continues and then the skin will be the nesting-place for another disease. **Our Lord Jesus Christ, 07.22.2021***

*Pray, People of God, pray tirelessly so that the human skin disease would be promptly overcome when treated with Heaven's medicines. **Saint Michael the Archangel, 12.15.2020***

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SAINT MICHAEL THE  
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# CALENDULA

**Scientific name:**

*Calendula officinalis*

**Family:** Asteraceae

**Known as:**

Marigold, Pot  
Marigold, Goldbloom  
and Golds, Golden  
Flower of Mary

Calendula is used to treat the following skin conditions:

- Relieves burns, irritations and inflammations.
- Pain caused by insect bites, bruising and bumps.
- In skin burns reduces inflammation and soothes pain.
- Stimulates skin regeneration and promotes collagen production.
- Promotes healing and wound regeneration.
- Helps in case of dermatitis and improves cracked skin.

*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. **Saint Michael Archangel, 04.04.2019***

*A NEW VIRUS WILL APPEAR...I call you to use the plant called *Fumaria officinalis* L. with its stems, flowers and leaves, marigold for the skin and garlic.. **Our Lord Jesus Christ, 07.18.2022***



# ARTEMISA ANNUA

**Scientific name:**

*Artemisia annua L*

**Family:**

Asteraceae

**Known as:**

Sweet Artemisia

Artemisia has the following properties related with skin diseases:

- Due to its active principles it is involved in the treatment of a great variety of diseases.
- Promotes skin health through antioxidants that help maintain a healthy skin, avoiding damage caused by free radicals.

*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. **Our Lord Jesus Christ, 01.04.2018***

*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. **The Most Holy Virgin Mary, 10.11.2014***



# NETTLE

**Scientific name:**

*Urtiga dioica L.*

**Family:**

Urticaceae

Nettle has the following properties:

- It is an effective astringent plant, hemostatic (cuts bleeding), purifying and for its protein and amino acid content is also moisturizing and softening.
- It is used in the treatment of ulcers, superficial wounds, seborrheic dermatitis, rashes, acne.



# GERANIUM

**Scientific name:**

*Geranium*

**Family:**

Geraniaceae

For its properties and benefits it is used:

- In the treatment of acne, dermatitis, eczema, burns and ulcers.
- It helps to fade scars and skin blemishes.
- To relieve muscular pains (oil) and circulatory problems.



# GERANIUM

*On April 20, 2020, during a cenacle, the The Most Holy Virgin Mary recommended to Luz de Maria the use of the geranium, a plant that has properties that favor the treatment of skin diseases; and she explained that these diseases will come, and that to treat them we must possess this plant and know how to use it. **The Most Holy Virgin Mary, 04.20.2020***

*Have geranium with you, called the Oil of Saint Michael the Archangel by My children, in honor of My beloved Archangel. **Our Lord Jesus Christ, 08.06.2016***

- As a powerful healing agent, it is used to heal wounds (hemostatic).
- Its oil is very effective in natural and direct cleaning on the skin.
- As an anti-inflammatory and in relieving menstrual pain.
- It has antibacterial properties so it prevents microbes from developing in wounds.
- With antifungal and antiseptic properties.
- As an adjuvant in the growth of body cells (regeneration), as it promotes cellular health, and promotes the recycling of dead cells.
- There is no dosage as such, it all depends on the use to be given and the condition to be treated.
- It has properties that favor the treatment of skin diseases and antibiotics. It is applied on the affected places with moderation. It can be used once a day and more times depending on the case, without overdoing it in order not to irritate the skin.



# FUMITORY

**Scientific name:**

*Fumaria officinalis* L.

**Family:**

Papaveraceae

**Known as:**

Earth Smoke

It has the following characteristics:

- Used in the treatment of eczema, skin eruptions, urticaria, pimples, herpes
- External applications are used to clean and disinfect the skin in case of acne, boils or small wounds
- It has healing properties
- Antimicrobial activity against Gram-positive organisms, *Bacillus anthracis* and *Staphylococcus*, and also against yeasts

*A NEW VIRUS WILL APPEAR...I call you to use the plant called *Fumaria officinalis* L. with its stems, flowers and leaves, marigold for the skin and garlic..* **Our Lord Jesus Christ, 07.18.2022**

*Pray, children of Our King and Lord Jesus Christ, pray concerning the new disease with high fever, which will severely affect the respiratory tract, and human skin will become dark and flaky. I call you to use the Oil of St. Michael the Archangel on the skin, the medicinal plant fumitory and the Oil of the Good Samaritan.* **Saint Michael the Archangel, 03.17.2023**



## SAINT MICHAEL THE ARCHANGEL OIL

Coconut oil is used as the base oil, adding geranium essential oil and lavender essential oil.

*Have geranium with you, called the Oil of St. Michael the Archangel by My children, in honor of My beloved Archangel. **Our Lord Jesus Christ, 09.21.2021***

### Instructions:

To half a liter of coconut oil, add 5 ml of geranium essential oil and 5 ml of lavender essential oil. Stir and keep in small, preferably amber-colored bottles. If amber-colored bottles are not available, it can be stored in transparent bottles in a cool place, away from direct light.

### For topical use only:

Put on the skin lesion moderately 1 to 2 drops 3 to 4 times a day depending on the severity of the skin lesion.



# PINEAPPLE

Pineapple has the following properties related to the respiratory system:

**Scientific name:**

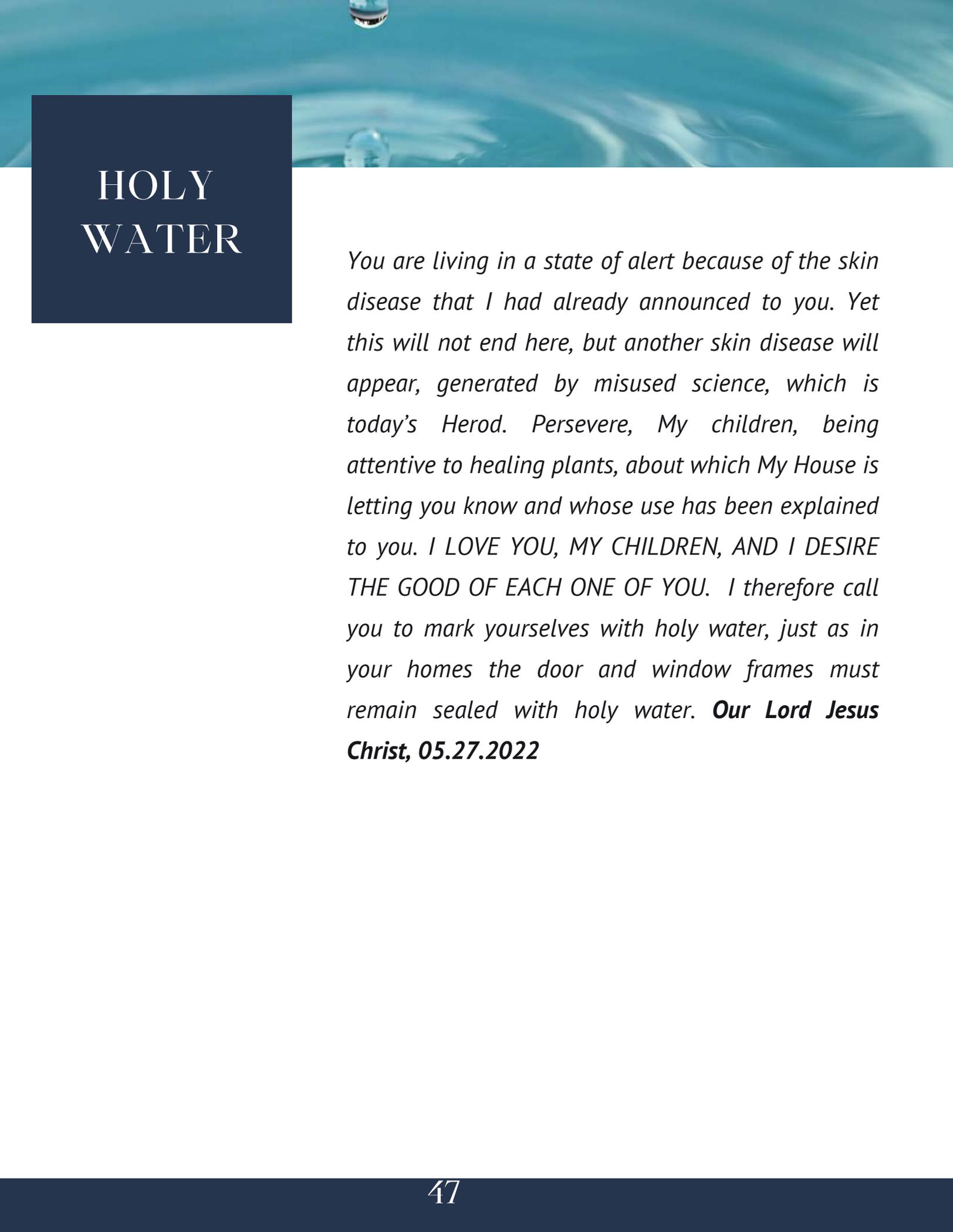
*Ananas comosus L*

**Family:**

Bromeliaceae

- Thanks to the bromelain, it has an antitussive effect in cases of chronic bronchitis.
- It can alleviate symptoms provoked by respiratory conditions, such as cough with phlegm or congestion.
- It helps to improve breathing congestion and respiratory tract diseases.
- The enzyme bromelain, being mucolytic, breaks down mucus.
- It strengthens the immune system.

*Pray, My children, pray, pray: a new disease is emerging for the skin and respiratory system; it is very aggressive and invasive and is transmitted in a short space of time. TO COMBAT THIS DISEASE, TAKE PINEAPPLE (OR “PIÑA”, DEPENDING HOW IT IS KNOWN WHERE YOU LIVE.\*) Add three slices of the fruit and a leaf of the same plant to boiling water and drink a liter of this decoction little by little during the day for several days. The plant called Mullein will also help you. **Our Lord Jesus Christ, 07.29.2023.***



# HOLY WATER

*You are living in a state of alert because of the skin disease that I had already announced to you. Yet this will not end here, but another skin disease will appear, generated by misused science, which is today's Herod. Persevere, My children, being attentive to healing plants, about which My House is letting you know and whose use has been explained to you. I LOVE YOU, MY CHILDREN, AND I DESIRE THE GOOD OF EACH ONE OF YOU. I therefore call you to mark yourselves with holy water, just as in your homes the door and window frames must remain sealed with holy water. **Our Lord Jesus Christ, 05.27.2022***

# ANTIBIOTIC PROPERTIES



**OREGANO**

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**GERANIUM**

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**RAW GARLIC**

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**ROSEMARY**

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**GINGER**

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# OREGANO

## Europe

**Scientific name:**

*Origanum vulgare*

## **Family:**

Lamiaceae

## America

**Scientific name:**

*Lippia graeolens*

## **Family:**

Verbenaceae

Has the following properties:

- Very powerful antibiotic, with anti-inflammatory action.
- Fight microbes (fungus and bacteria).
- Relieves cough, eliminates viruses, treats flu, stimulates the immune system.
- Reduces skin infections.
- Fights free radicals and delays aging due to the antioxidant effect.
- Useful pain reliever in case of sprains, light pobjalgias, arthritis, toothache, burns, cuts and scratches.



# RAW GARLIC

**Scientific name:**

*Allium sativum*

**Family:**

Liliaceae

*A NEW VIRUS WILL APPEAR...I call you to use the plant called Fumaria officinalis L. with its stems, flowers and leaves, marigold for the skin and garlic.. **Our Lord Jesus Christ, 07.18.2022***

Garlic has the following properties:

- It has a bactericidal effect.

*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.*

*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.*  
**The Most Holy Virgin Mary, 06.03.2016**



# GINGER

Ginger has the following properties:

- It is expectorant and antibiotic.

**Scientific name:**

*Zingiber officinale*

**Family:**

Zingiberaceae



# GERANIUM

For its properties and benefits it is used:

- As a cicatrisant it is used to heal wounds (hemostatic).
- As an anti-bactericide it prevents microbes from developing in wounds.

**Scientific name:**

*Geranium*

**Family:**

Geraniaceae



# ROSEMARY

**Scientific name:**

*Rosmarinus officinalis L*

**Family:**

Lamiaceae

Rosemary has the following uses as antibiotic:

- Effective against bacteria, fungi and other microorganisms.
- In oil it is excellent to fight bacteria such as: *Bacillus subtilis*, *Staphylococcus aureus*, *Escherichia coli*, *Micrococcus luteus*, *Vibrio cholerae*, *S. albus*, *Corynebacterium* spp, *Salmonella* spp and *Listeria monocytogenes*.

*Use mullein and rosemary in discreet amounts. **The Most Holy Virgin Mary, 01.28.2016***

# EPIDEMICS AND PANDEMICS



SACRAMENTALS, HOLY  
OIL AND HOLY WATER

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USE THE MIRACULOUS  
MEDAL

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GOOD SAMARITAN  
OIL

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SEAL WITH THE  
BLOOD OF CHRIST

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ROSARY OF THE  
PRECIOUS BLOOD

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BLESS FOOD

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## EPIDEMICS AND PANDEMICS

*Many of My white-haired children will gradually disappear, without this being the Will of the Eternal Father. Strings are being pulled: the middle-aged will follow. Unknown forms of suffering will arise unexpectedly. How My Maternal Heart groans! What lamentation everywhere! **The Most Holy Virgin Mary, 20.11.2021***

*You must have the medicines that Heaven has given you in order to overcome the illnesses that will come. Only Faith in what the Father's House has revealed to you will heal you, together with the use of the Sacramentals.*

*Do not speculate concerning the Sacramentals, they all depend on your Faith.*

*Use the Oil of the Good Samaritan, the Oil of Saint Michael the Archangel, calendula for hemorrhagic diseases. It is important that you strengthen your immune system. Daughter, explain to them what I will show you.*

*(Saint Michael the Archangel shows me the way in which evil will attack us in the midst of the war. First will come spiritual, then material attack on food, clothing, medicines that are essential for some people, together with the restriction of individual freedoms as a result of the new disease). **Saint Michael the Archangel, 02.19.2022***



USE OF  
SACRAMENTALS,  
HOLY OIL AND  
HOLY WATER

*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. Be creatures firm in faith, knowing that being endowed with reason and intelligence, you consciously obey the guidelines that the leaders of your countries indicate to you. My call is to remain alert. In this moment, humanity is threatened by illness. So at this time, you should protect and help one another with authentic love and with mercy, caring for your brothers/sisters as much as is possible, in the same way that you care for yourselves, and remain in your homes when your countries are being threatened by some epidemic. If, at this moment, you are not suffering from nature's attacks, from diseases, or from hunger, do not be indifferent toward those that are suffering, since no nation can assure it will not suffer these calamities at some moment. The cold-heartedness and indifference before suffering is an example of the estrangement that man maintains with My House. The Christian accompanies, suffers, and rejoices with his /her neighbor, because he/she knows that a neighbor is the image and likeness of his /her Creator.*

**Our Lord Jesus Christ, 05.2009**



## GOOD SAMARITAN OIL

### (\*) Important:

Keep in mind that the oil is to PREVENT viral diseases NOT a medicine.

(\*\*) The quantity of the head of a pin on the earlobes means a very small quantity.

**EVERY MEDICATION  
GIVEN BY HEAVEN  
CONTAINS THE MAIN  
INGREDIENT THAT IS  
FATIH.**

*“Great pestilences, plagues generated by unknown viruses are advancing upon humanity: use the oil of the Good Samaritan as protection faced with a case of a highly contagious disease where you live – the quantity of the head of a pin on the earlobes will suffice (\*\*). If the number of those infected increases, you should put it on both sides of your neck and on the wrists of both hands.”* **The Most Holy Virgin Mary, 01.28.2020**

*The plague is approaching: continue to use the Oil of the Good Samaritan, Eucalyptus leaves inside the homes, burning the leaves when necessary.* **Saint Michael the Archangel, 12.15.2020**

*Pray My children, be careful: the virus has not disappeared, use the oil of the Good Samaritan to prevent contagion, always accompanied by Faith.* **The Most Holy Virgin Mary, 06.25.2020**



## GOOD SAMARITAN OIL

*Suffering is coming to humanity, great suffering is coming, pandemics are coming. Because of this, the Father's House has allowed Our Queen of Heaven and Earth to be the one who with Her Love gives you means of protection from the diseases that are coming to humanity. Do not forget that everything must be used with faith, faith is the main ingredient for miracles to be accomplished. **Saint Michael the Archangel,**  
**03.08.2020***

### RECIPE OF THE GOOD SAMARITAN OIL

Ingredients:

5 Pure essential oils + 1 Base oil

Essential oils:

- Cinnamon oil
- Clove oil
- Lemon oil
- Rosemary oil
- Eucalyptus oil

Base oil:

The base oil can be olive oil, almond oil or mineral oil. The ratio should be 1 measure of pure oil to 5 measures of base oil.

Preparation:

Mix all 5 pure essential oils (cinnamon + clove + lemon + rosemary + eucalyptus) with the base oil (olive oil or almond oil or mineral oil, choose one) Mix them with a wooden spoon until getting



## GOOD SAMARITAN OIL

*The plague is approaching:  
continue to use the Oil of  
the Good Samaritan, **Saint  
Michael the Archangel,**  
12.15.2020*

*My People, prepare  
yourselves! Calamities are  
calamities, persecutions  
are persecutions. Plagues  
will increase and will be  
increasingly unknown. My  
Mother has given you the  
protection against the  
plagues: The Oil of the  
Good Samaritan and other  
means to fight what  
science will not succeed in  
fighting. **Our Lord Jesus  
Christ, 08.06.2016***

### **Recommendations:**

- If available, use therapeutic degree essential oils, prepared in specialized laboratories to guarantee the pureness of the essences.
- For a better absorption of the Good Samaritan Oil, use as base oil liquid coconut oil or grape oil, which favor penetration of the oil in the skin.
- Elaborate in a cool place, without exposing the oils to direct light.
- Wear gloves and use a glass bowl.
- Test the mix on your forearm, wait 25 minutes. If skin reddens, wash with plenty of water or apply lavender oil, and little by little the redness will disappear.
- When this effect happens, add more of the same base oil with which the mixture was prepared. Do not expose the oils to the air for a long time; keep them in a tightly closed amber color glass container to prevent them from volatilizing and evaporating. They should be kept out of the reach of children.



## GOOD SAMARITAN OIL

a homogeneous mixture. Since cinnamon is very strong and could cause skin irritation, it is recommended to use a half dose.

### Example No. 1

**NOT using 100% PURE essential oils**

Mix the essential oils with the base oil

- CINNAMON OIL 5 cc + 50 cc base oil
- CLOVE OIL 10 cc + 50 cc base oil
- LEMON OIL 10 cc + 50 cc base oil
- ROSEMARY OIL 10 cc + 50 cc base oil
- EUCALYPTUS OIL 10 cc + 50 cc base oil

\* with this proportions you will obtain 300 cc of Good Samaritan Oil, - you may use other measures according to your needs, but always keeping the indicated proportions.

### Example No. 2

**using therapeutic degree  
100% PURE essential oils**

Mix the essential oils with the base oil

- BASE OIL 114 ml bottle
- CINNAMON OIL 8 drops
- CLOVE OIL 15 drops
- LEMON OIL 15 drops
- ROSEMARY OIL 15 drops
- EUCALYPTUS OIL 15 drops



## GOOD SAMARITAN OIL

*Plague is advancing, My Children, it is advancing and changing into a pandemic, causing terror and fear. You have been warned by the Father's House and have the teachings about natural medicines for combating these contagious diseases. Prepare the Oil of the Good Samaritan to prevent contagion. **The Most Holy Virgin Mary,**  
**11.03.2019***

### **Dosage and application:**

Before each use move the container softly so the oils get mixed. Apply and rub a few drops directly on the temples, throat, behind the ears, underarms, abdomen, joints, or full foot sole.

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.

### **Contraindications:**

Do not use an 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. For sensitive skin, apply only on foot sole. It is not recommended for children under 3 years of age. Pregnant women: ask a professional about the negative effects of the essential oils.



## GOOD SAMARITAN OIL

**Note:** The recipe that the Mother has given us uses pure essential oils. If these cannot be found, you can get the corresponding herbs for each essential oil and find a way to extract them in order to mix them. Although concentration is not equal to that of essential oil, given that a distillation process is not used, it can be helpful when essential oils are not available, but not as effective as essences. Essential oils can be found in specialized stores or macrobiotic stores. In every country you can find the essences to prepare the mixture.

**It is recommended to stay in prayer during the preparation of the oil and to have faith in the Divine Recommendations.**



## GOOD SAMARITAN OIL

*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. **The Most Holy Virgin Mary, 06.03.2016***



## PRAY THE ROSARY OF THE PRECIOUS BLOOD

*Tell them to pray the Rosary of My Precious Blood, and to use what My Mother has given them for combating pestilences and plagues. **Our Lord Jesus Christ, 07.10.2016***

## USE THE MIRACULOUS MEDAL

*Our Lord Jesus Christ tells us to carry the Miraculous Medal with Faith, as a sacramental we can always take with us, as well as in our homes, placing it behind the entrance door and in the windows that face the exterior.*

*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, 05.30.2013**





SEAL  
YOURSELVES  
WITH THE  
BLOOD OF  
CHRIST

*Our Lord Jesus Christ calls us to seal ourselves in the Name of His Precious Blood and to bless the food with the Signal of the Cross, before consuming it.*

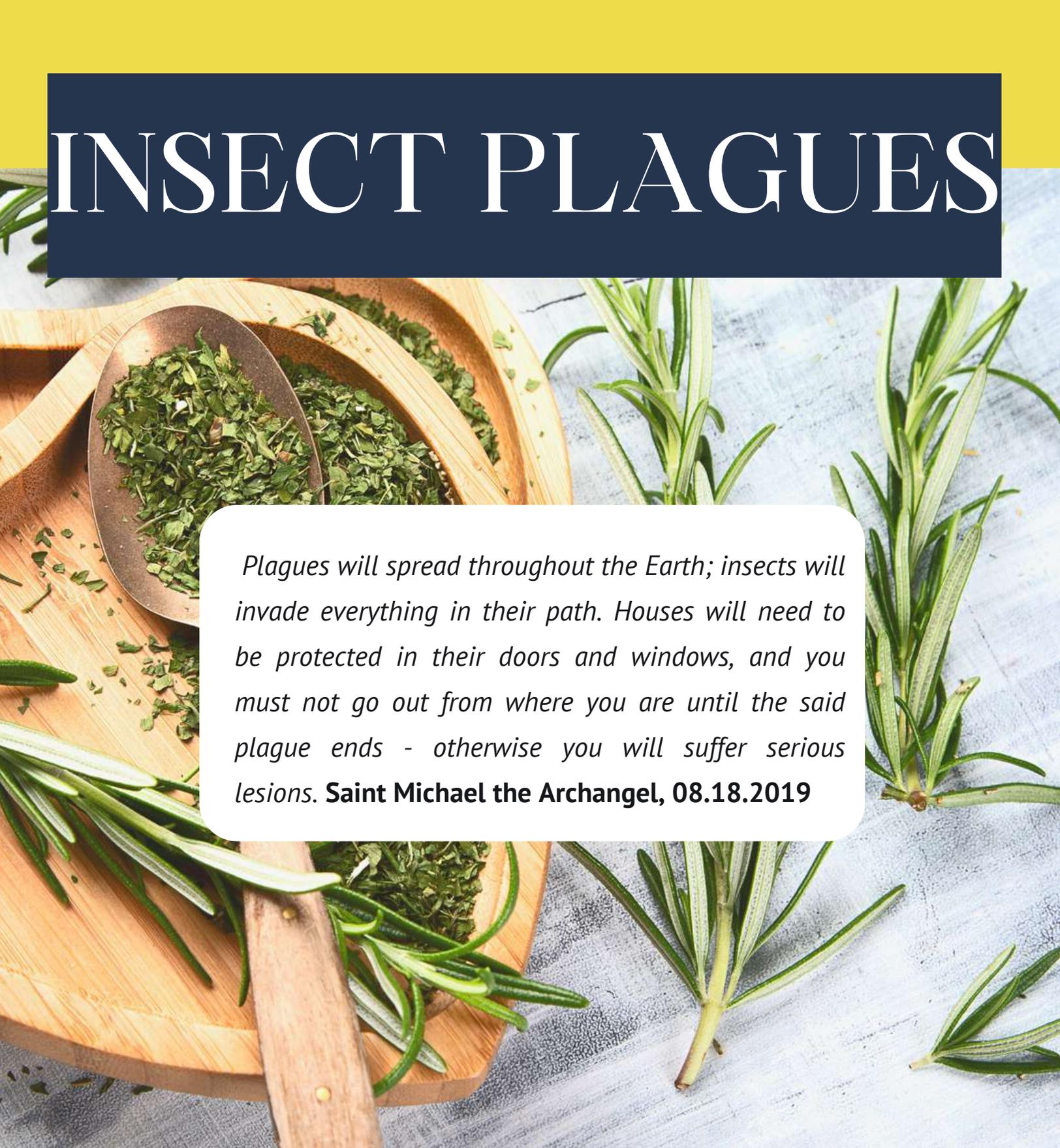


BLESS  
FOOD

*Plagues advance 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, 12.02.2012***

*My Mother and My beloved Saint Michael the Archangel have provided you with medicines to fight the current diseases and those to come. Bless the food that you put in your mouths. The contamination of the fruits of the earth is harmful for the human body. **Our Lord Jesus Christ, 05.22.2021***

# INSECT PLAGUES



*Plagues will spread throughout the Earth; insects will invade everything in their path. Houses will need to be protected in their doors and windows, and you must not go out from where you are until the said plague ends - otherwise you will suffer serious lesions. **Saint Michael the Archangel, 08.18.2019***

ROSEMARY  
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EUCALYPTUS  
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# ROSEMARY

Rosemary has the following property:

- As an oily or alcoholic solution, it is used as insect repellent.

**Scientific name:**  
*Rosmarinus officinalis L*

*“Use mullein and rosemary in discreet amounts.”*

**Family:**  
Lamiaceae

***The Most Holy Virgin Mary, 01.28.2016***



# EUCALYPTUS

It has the following property:

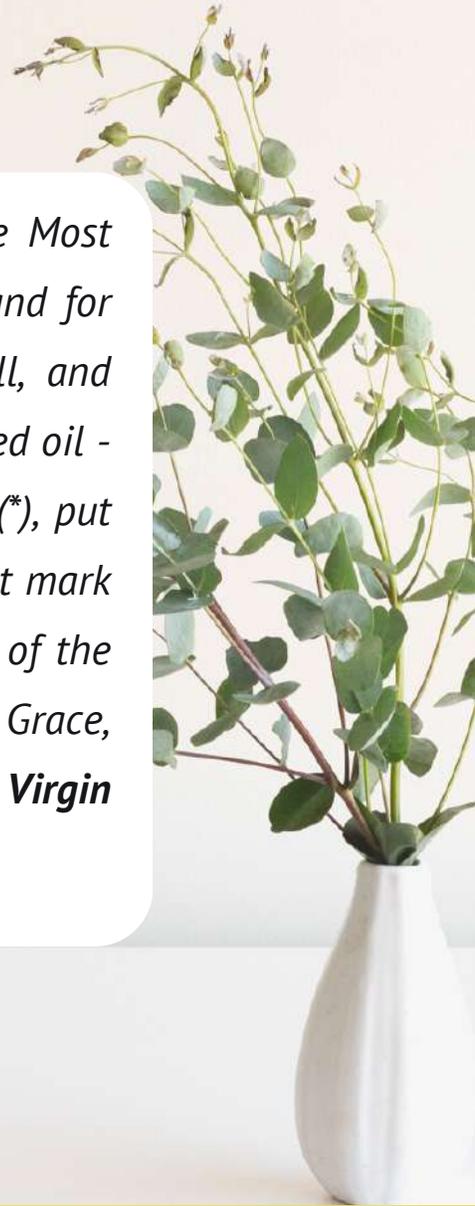
- It is an effective insect repellent.

**Scientific name:**  
*Eucalyptus*

**Family:**  
Myrtaceae

# HOUSEHOLD PROTECTION

*It is necessary for humanity to cry out to the Most Holy Trinity in order to obtain Divine Mercy and for this pandemic be appeased in the Divine Will, and together with prayer, I invite you to place blessed oil - and if you have the oil of the Good Samaritan (\*), put a drop of this oil in the blessed oil - and with it mark the frame of the front door of your house and of the rear door, as well as to remain in a state of Grace, which is essential at this time. **The Most Holy Virgin Mary, 03.15.2020***





# EUCALYPTUS

It has the following property:

- Purifies the air and cleans the environment.

**Scientific name:**

*Eucalyptus*

**Family:**

Myrtaceae

*The plague is approaching: continue to use the Oil of the Good Samaritan, Eucalyptus leaves inside the homes, burning the leaves when necessary. **Saint Michael the Archangel, 12.15.2020***

# FOOD SHORTAGES



**BLESSED  
GRAPES**  
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**HONEY**  
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**NUTS**  
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IN THE FACE  
OF FOOD  
SHORTAGES

*Store up food, it will become scarce. Prepare Blessed Grapes and keep honey. Have the Oil of the Good Samaritan with you and the medicines that My House has made known to you. **Our Lord Jesus Christ 09.21.2021***

*People of Our King and Lord Jesus Christ, the Earth is shaking strongly, you must keep provisions of what is specifically necessary for survival, not only personal and family, but of the brethren. Store honey, this food is beneficial. **Saint Michael the Archangel, 03.07.2021***

*"Beloved daughter, a spoonful of honey and a few nuts will be enough food for the survival of the body, they provide what is necessary for all the organs to function properly. Tell this to My children so that it may be a blessing for them in times of famine." **Our Lord Jesus Christ, 11.11.2012***



# BLESSED GRAPES

*WHEN SCARCITY BECOMES GENERALIZED, remember that My Mother thought about you way in advance and blessed grapes so that at that instant your hunger will be appeased, also I have asked you to pray NOW for those instants and to prepare yourselves spiritually so you will be able to encounter—with Faith, strength, and perseverance—the instants of harsh and difficult trial that lie ahead for everyone. Our Lord Jesus Christ 09.27.2015*

*I do not abandon you. Do not forget to keep in your homes the blessed grape in My Name for the instants of shortage. Our Lord Jesus Christ 10.27.2014*

## Prepare the Blessed Grapes

Regarding Christ’s request for blessed grapes, Luz de María’s comments:

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

*To bless the other grapes:  
Take one grape blessed by a priest and use it to bless the remaining ones with it, as follows:  
Cut each remaining grape away from the bunch with scissors so each one will have a piece of stem attached to it.  
Each of the new grapes is blessed by rubbing it with the grape that was originally blessed by a priest while saying: “In the Name of the Father and the Son and the Holy Spirit, amen.”*



## BLESSED GRAPES

*Then store the blessed grapes in sterilized containers. Fill  $\frac{3}{4}$  of each container with grapes and then add cognac or brandy (no other liquor) until each container is full. Close the containers properly.*

*The blessed grapes will keep for as long as necessary until the time when they will be consumed. These blessed grapes may be shared with brothers for them to bless grapes on their own.*

*Fifteen years ago Christ asked us to bless some grapes and today the grapes are still in good condition.*

*If in some country grapes are not available, any other abundant fruit may be substituted if it is small like a grape.*

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

*While the grapes are still attached to the bunch, wash them thoroughly in a solution of water with one or two drops of liquid soap and then rinse them. Then each grape is cut away from the bunch with scissors leaving a piece of stem on each one. Then take one Blessed Grape and rub it against one new grape making the Sign of the*



## BLESSED GRAPES

*Cross on it while saying, “In the Name of the Father and the Son and the Holy Spirit, amen.” Beforehand, prepare a clean glass container with a lid that seals well.*

*The blessed grapes can be eaten by sick people who cannot retain food. People who fast with the Blessed Grape will be protected from plagues, terrible diseases and other catastrophes. People will receive sustenance equivalent to the food, water, vitamins and minerals that the body needs.*

*The brandy used to prepare them has medicinal value (if you are sick take a teaspoon that taken with FAITH will cure).*

*One grape will sustain two people throughout the day. A supply should be kept for up to six months or more (approximately 180 grapes). The Blessed Grape will not sustain any person who mocks or does not believe. One grape will sustain two people for the entire day. A supply should be kept for up to six months or more (approximately 180 grapes). The Blessed Grape will not sustain any person who mocks or disbelieves.*

Video of how the blessed grapes are prepared.

<https://youtu.be/nVO3w5I5LF0>

# HONEY CONSUMPTION

**Note:** May be dangerous for children under one year of age. This is because, when mixed with the non-acidic digestive juices of infants, it creates an ideal environment for the growth of botulism spores, which are one of the few bacteria that survive in honey. These spores are harmless in adults because of the acidity in the stomach, but the digestive system of infants is not sufficiently developed to destroy them. Some people are sensitive or allergic to specific components of honey.

*Store up food, it will become scarce. Prepare Blessed Grapes and keep honey. Have the Oil of the Good Samaritan with you and the medicines that My House has made known to you. **Our Lord Jesus Christ 09.21.2021***

*People of Our King and Lord Jesus Christ, the Earth is being strongly shaken; you should keep provisions of what is specifically necessary for survival - not only your personal survival and that of your family, but that of your brothers and sisters. Store honey: this food is beneficial. At the same time store what is possible for each one of you. **Saint Michael the Archangel, 07.03.2021***

Honey has the following characteristics:

- *Chemical composition: honey is mainly composed of sugars (78% to 80%) which are roughly divided into fructose (or levulose) 38%, glucose (or dextrose) 31%, and the remaining 31% contains maltose, sucrose and a wide variety of polysaccharides. Honey also contains about 17% water.*

# HONEY CONSUMPTION

**Note (cont):** People with diabetes should be careful with the amount of honey because it affects blood sugar levels. For the best use of the properties of honey, it is recommended not to reheat or boil it.

- *It has an exceptional concentration of amino acids: Aspartic, glutamic, alanine, arginine, asparagine, cystine, glycine, histidine, isoleucine-leucine-lysine, phenylalanine-proline, tryptophan, serine, tyrosine, valine.*
- *Minerals up to 1%: Silver, barium, calcium, bromine, beryllium, copper, cobalt, chromium, iron, lithium, magnesium, manganese, molybdenum, gold, palladium, phosphorus, potassium, rubidium, scandium, sodium, sulfur, silicon, strontium, titanium, zirconium, vanadium and zinc. If these elements are not present together in all honeys, some such as potassium, magnesium and zinc are always there.*
- *Vitamins in considerable quantities: which, without covering our daily needs, have the advantage of being highly assimilable: Vit A, Vit B1, Vit B2, Vit B3, Vit B5, Vit B6, Vit B8 - Vit B9, Vit C, Vit D, Vit K.*
- *Small amounts of fatty acids: palmitic, oleic, and linoleic acids*
- *Enzymes including amylase a and amylase b, glucose invertase and glucose oxidase*
- *Biological and aromatic substances, including flavonoids, alcohols, esters, pigments and pollen grains.*



## NUT CONSUMPTION

Nuts have the following characteristics:

- Has anti-inflammatory properties
- Helps prevent cardiovascular diseases
- Promotes blood circulation
- Supports weight loss
- Improves the nervous system
- Helps the immune system
- Liver problems
- Prevents osteoporosis
- Improve mood
- Helps skin care

*Beloved daughter, a spoonful of honey and a few nuts will be sufficient food for the survival of the body, they provide what is necessary for all the organs to function properly. Tell this to My children so that it may be a blessing for them in times of famine. Our Lord Jesus Christ to Luz de Maria*  
**11.11.2012**

# UNKNOWN DISEASES



INVOKE THE THE  
MOST HOLY VIRGIN  
MARY

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INVOKE  
BLESSED  
VIRGIN MARY

*Though you see the plague come with unknown diseases before which science will not be able to create new ways to stop it, do not stagger in faith.*

*Invoke me: HAIL MARY MOST PURE, CONCEIVED WITHOUT SIN. But with faith the size of a mustard seed. All will be kept away from you and from your families, with faith. **The Most Holy Virgin Mary, 08.12.2010***

*My People, the Sun is emitting dangerous emanations towards the Earth; do not expose yourselves to the Sun, unknown diseases produced by the Sun are appearing. **Our Lord Jesus Christ 10.09.2017***



## Plea to the Blessed Mother in the face of the scourge of sickness (Inspired by Luz de Maria, 05.2009)

Immaculate Mother, blessed Sanctuary of love:  
To You do we cry, hear our pleas,  
We implore Your Maternal intercession at this moment  
In which the scourge of illness threatens humanity.

You, faithful protector of those who humbly  
come to ask for Your favors, pray to the Holy Trinity  
to send Its angelic protectors to combat  
this evil that befalls those who belong to You.

May Your Holy Mantle be shield and shelter for all  
Of us who faithfully ask this favor, so that  
Out towns and homes be sealed by the Celestial protection.

We give you thanks Immaculate Mother for so great a favor;  
Do not abandon us in this valley of tears,  
You are shield, shelter and guide of those of us who cry out in one voice.

Hail Mary Most Pure, conceived without sin



A group of collaborators has dedicated itself to investigate the properties of the medicinal plants that Heaven has indicated to us to take care of our health and to treat the different diseases that afflict us. This group is called Mission San Miguel Arcángel and offers you some of these natural products. You can find them in the following link:

<https://misionsanmiguelarcangel.com/>

*My Mother and My beloved St Michael the Archangel have provided you with medicines to fight the current diseases and those to come. **Our Lord Jesus Christ 05.22.2021***