

GARLIC *Immune Extract Formula*

Crystal
Maceira,
CBP, LMT, MH

In this issue, I want to tell you about an herbal formula that will help you fight colds, the flu, and other viruses. In previous articles (archived at NaturalLifeNews.com), I wrote about Garlic, Mullein, Licorice, and Lobelia, all of which are in this formula and more herbs as well. When I was raising my children, they would occasionally get a cold and even more rarely, the flu. They would hate getting sick and would oftentimes tell me they weren't—even though they were hot, and well, a mother just knows! That was because they knew the protocol would be swallowing minced garlic with juice or water. I would also give them a formula that had Echinacea and Goldenseal. As they got older, I changed up the protocol to the garlic immune extract and a formula that would stop their coughs dead in their tracks. It was so much more effective, and the colds and flu came much less often.

I learned about the immune formula from Dr. John R. Christopher, who was a famous herbalist in the 60s through the 80s. I was able to meet him when I was a



teenager because my father worked with him. Dr. Christopher was a major influence on why I became an herbalist myself. He was a wonderful storyteller, as he explained his experiences using herbs among the thousands of people he helped. One of my favorite stories is taken from the *Dr. Christopher's Herbal Legacy*, which you can find at HerbalLegacy.com.

Dr. Christopher was lecturing in Snowflake, Arizona. In his lecture, he was talking about the last days and plagues, when one gentleman raised his hand and asked if he had a formula that would help

them. He said he didn't, but he said a prayer and while he did, he told the people to pull out a pen and paper because a formula was coming to him. When they finished writing down the formula, he urged them to make gallons of it, so they would be prepared.

A few months later, a very hard flu did strike their town. The children and elderly were especially affected and some died. One of the doctors was worried that he would lose more patients and expressed his concern. A nurse that was at the lecture told the

doctor that she made up an herbal formula that she thought would help. He was desperate, so he told her to bring it in and give it to the patients who had this plague. She did, and all those that took it recovered.

Dr. Christopher went back to Arizona to lecture again. When he did, he was surprised that people were asking for the formula. As more people had success with this formula, the fame of it spread from coast to coast. One time, a man picked up Dr.



Complete Holistic Approach to Good Health!

Crystal Maceira, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: BOWENWORK, Pregnancy Massage and Sports Massage. *Quiet home studio.*

POSITIVE LIFE CHANGES, LLC ~ PositiveLifeChange.info
(406) 616-2599. ~ crystalclearhealth@gmail.com
1st Massage \$50 (mention this ad). **In HELENA**



Christopher from the airport on the west coast. He saw one of his formulas on the floor of this man's pickup and asked what it was. The man said, "Oh, that's your Super Garlic Immune remedy! We never travel without it, as it works good on about any sickness that comes up while we are traveling. We are also never without a bottle of it at home." This formula has been used for the flu, earache, eruptive diseases, car sickness, and even saved the life of a poisoned puppy!

When I or my husband are about to travel, we take this formula 2 weeks before we leave. I did this when I went overseas twice and did not get sick, even when those around me were. If I or my husband even think about getting sick, we start taking this. It has helped me with my allergies too. I prepare the formula just as Dr. Christopher recommends, although I have switched out a couple of the herbs because of FDA regulations.



Since illness is spreading, I want you to know how to make this powerful formula, as did Dr. Christopher. I made a video so you could learn how to make it yourself. You can find it on my website, PositiveLifeChange.info, or, on *YouTube*, you can type in "MakingTheImmuneFormula." The formula makes one gallon.

My daughter in Oregon makes sure her children take it. Even though my children had a hard time taking the fresh garlic, my two grandkids have been taking the KVA ever since they were babies. The taste is not very palatable, but they have gotten used to it, and even ask for it when they start feeling ill! The Noro virus broke out where she lives in November of last year, and they closed the public schools because of it. Her son has a compromised immune system because he had some abnormalities when he was born. She makes sure he gets this on a regular basis, so he doesn't get sick. As he grows (he is over 2 now), his immune system is getting stronger and even with this outbreak, he has been healthy.

If you decide that you cannot make the formula, then I always have some on hand. If you mention this article, you can purchase this at the wholesale price, which is 50% off! This offer will only be good until February 28, 2020. ■



Crystal Maceira is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for almost 20 years. She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting: PositiveLifeChange.info. Contact Crystal at (406) 616-2599 or send her an email at crystalclearhealth@gmail.com.



Learn Bowenwork

AUSTRALIA'S UNIQUE BODYWORK

*Holistic Pain Relief
Soft Tissue Relaxation
Gentle & Very Effective!*

- BEGIN A NEW CAREER
- BUILD ON AN EXISTING ONE
- HELP FAMILY AND FRIENDS
- NO PREREQUISITES

KARIN TWOHIG is an accredited Instructor for the Bowen Therapy Academy of Australia and the American Bowen Academy, with 20 years of experience teaching Bowenwork and 40 years in the healing arts.

NEW CERTIFICATION TRAININGS IN HELENA

Module 1—February 6 & 7

Module 2—February 8 & 9

American Bowen Academy is an approved continuing education provider by American Occupational Therapy Association (AOTA-Provider #7074), California Board of Registered Nursing (Provider #CEP15344) and National Certification Board for Therapeutic Massage and Bodywork (NCBTMB Provider #393313-00)

FOR INFO & TO REGISTER:

Crystal Maceira

Certified Bowenwork Practitioner

(406) 616-2599

crystalclearhealth@gmail.com