

# MEDICINAL PLANTS

## Prophecies and revelations given to Luz de María

Brothers:

Below we present an extract of the instructions Heaven has given us so that in the coming instants and in the face of unknown diseases, we may count on specific medicinal plants to deal with what even science will not be able to stop.

In all of the messages Heaven tells us that we are not alone, and in order for us to understand the infinite reach of these words, we receive a list of natural medicines which will be our aid alongside Faith, Prayer, the Sacramental, and Holy Water.

The Love of Christ and of our Most Holy Mother is infinite, so much so that in the messages and without distinctions they warn us and they give us the way to deal with the coming unknown diseases keeping in mind that Faith is the driving force of the Miracle.

### Our 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."

### 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

### The Blessed Virgin Mary

01.31.2015

"Another disease is spreading affecting the respiratory system; it is highly contagious. Have holy water; use the White Hawthorne and the Echinacea plant to fight it."

Scientific name: <u>Echinacea purpurea</u> Common name: Purple coneflower Family: Asteraceae			
Uses	Dose	Contraindications	Observations
<b>Reduces cold symptoms</b> (mucus, cough, fever) speeds up recovery, decreases number of diseases of the respiratory system:	<b>Infusion:</b> Use the leaves and dry extract from the roots. Five (5) cups on the first day. Reduce the number of cups as the symptoms	Children under 12 years old: It may cause allergic reactions.  It is not recommended if the person suffers from autoimmune liver	It is recommended to start taking it right now; however the rest periods must be respected as per given instructions.

<p>sinusitis, pharyngitis, bronchitis, etc.; blocks viral and bacterial action;</p> <p><b>Boosts the immune system.</b></p>	<p>diminish.</p> <p><b>Drops:</b></p> <p>20 drops daily for 2 months, then rest for 2 months.</p>	<p>diseases.</p> <p>Consult a medical doctor if pregnant or breast feeding.</p> <p>It may interact with other substances and medications: reduces the ability of the organism to decompose caffeine and hinder the synthesis of medications that are eliminated through the liver.</p>	<p>For more information, see annex.</p>
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<p>Scientific name: <u>Randia aculeata</u>, <u>Randia karstenii</u></p> <p>Common name: Hawthorn</p> <p>Family: Rubiaceae</p>			
Uses	Dose	Contraindications	Observations
<p><b>Increases the levels of hemoglobin after a snake bite.</b></p> <p><b>The green fruit has been used for diarrhea and mucous leucorrhoea.</b></p> <p><b>Heart failure: Alterations of the cardiac rhythm, tachycardia, arrhythmia.</b></p> <p><b>Prevents angina pectoris; helps in post-infarction recovery</b></p> <p><b>Sedative.</b></p> <p><b>To treat symptoms of nervousness and anxiety.</b></p>	<p><b>Administer after meals.</b></p> <p><b>Heart failure:</b> 160-900 mg daily, divided in 2-3 doses.</p> <p><b>Infusion recommended for an unknown disease with symptoms: high fever, blue or purple blackened lips, spasmodic muscular twitching, strong jerks</b></p> <p>Soak a handful of leaves in hot water for 8 minutes. Administer orally day and night until symptoms diminish.</p> <p><b>Nervousness and anxiety:</b> See annex.</p>	<p>None is known.</p> <p>Nevertheless it is not recommended to use in conjunction with other medicines for heart or circulatory problems or with benzodiazepines (medication that acts on the central nervous system and to treat insomnia) if not under medical supervision by a specialist.</p>	

## Reflexion Of Luz De Maria

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>			
Uses	Dose	Contraindications	Observations
<p><b>Improves blood circulation:</b> Legs, feet, coronary arteries, head, eyes (vision) genitalia, brain capillaries</p> <p>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></p> <p><b>Improved thinking</b></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 <b>for a total of 120 mg</b> 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.</p> <p>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 when prepared under strict sanitary control.</p> <p>Homemade preparations of the leaves may be toxic and may produce 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>			
Uses	Dose	Contraindications	Observations
<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>

For more information: <http://www.botanical-online.com/medicinalsurticadioicacastella.htm>

## The Blessed Virgin Mary

10.11.2014

"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</u> L.</p> <p><b>Common name:</b> Sweet wormwood, sweet annie, sweet sagewort, annual mugwort[1] or annual wormwood (Chinese: 青蒿; pinyin)</p> <p><b>Family:</b> Asteraceae</p>			
Uses	Dose	Contraindications	Observations
<p><b>To kill the malaria parasite (Plasmodium), to improve cases of psoriasis and leukemia.</b></p> <p><b>It has anti-microbial activity.</b></p> <p><b>Boosts the immune system against Ebola, fever, hepatitis B and C, HIV, and hypertension. It acts as an anti-inflammatory, anti-oxidant and immunosuppressive.</b></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 during 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.</p> <p>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>

## Our Blessed Virgin Mary

10.13.2014

"Beloved, as a Mother who sees beyond what you see, I ask you to eat **THE RASPBERRY OR THE BLACKBERRY**. 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."

## Our 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."

**(\*) It is recommended to drink 2 liters of water daily.**

## 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."

**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.) 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 at the same time: "In the Name of the Father and the Son and the Holy Spirit, amen."

Then store the blessed grapes in sterilized containers. Fill  $\frac{3}{4}$  of each container with grapes and then add wine 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 of 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.

When once more Christ mentioned to me the blessed grapes, I also remembered the blessed grapes of San Damiano, Italy:

During one of the apparitions of the Most Holy Virgin Mary to Mamma Rosa Quatrinni, seer of San Damiano (1964-1970), Italy (deceased), our Lady blessed a bunch of grapes for her telling her that those grapes would feed all those who believed in the nutritional value of the grapes and who would eat them during the days of the antichrist (the mark of the beast, wars, famine, droughts, the plagues, catastrophes, calamities, and diseases.)

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.

When 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 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.

Certain prophecies have seen the light which state that the soldiers who go fight under the flag of Jesus and Mary and against the forces of the antichrist will be guided by Saint Michael Archangel.

These men will be full of strength and will not require nourishment. This will amaze other people who will join the soldiers thus increasing the small Marian forces until it turns into a gigantic army. These people will fight until they topple the forces of the antichrist. The Most Holy Virgin has told many saints and seers that these troops will be nourished from Heaven. Maybe the Blessed Grapes are one of many Miracles of the end times seen by saints of years past in their visions.

### **Luz De María**

04.22.2010

"He has told us that if we bless the foods that are contaminated - maintaining a lot of faith of course - they will not harm us."

**Heaven will not abandon the Faithful children. This is why Heaven has given recommendations to deal with the contamination of foods, especially for those who live in places where the vast majority of the food is contaminated.**

### **Private Message From Our Lord Jesus Christ To Luz De María**

11.2012

"Beloved daughter, a spoonful of honey and some nuts will be enough nourishment for the survival of the body; they provide what is necessary for all organs to function properly. Mention this to My children so it will be a blessing for them in times of famine."

# IMMUNSYSTEM

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**vitamin C : fruits ( orange /apple ) - the immunvitamin**

**zinc - carrier : rice / chicken                      selen : milk / garlic**

**soap - substances : they pack the virus**

**in : oats and in lime blossom (tea) / beans  
ginger / turmeric**

**yellow -substances : destabilize virus gene**

**1-3 apples the day or 1 onion cooked**

**black tea / raisin / mustard / turmeric / ginger**

**coriander / maize**

**natural antibiotic : thyme - the champion of the plants**

**clove 1 spoon + water / ginger ( cake / + juice )**

**garlic much / turmeric / horse radish / juniper**

**pepper(oni)/ chili / peppermint = oxygen - carrier !**

**rosemary : supports the adrenal cortex ( involved )**

**eucalyptus :fever/yarrow or chamomile:inflammatory**

**honey ( = dextrose / minerals / protein )**

**defuse sharp spices with olive oil or milk /drinks**

**thorn - plants : blackberry / hibiscus fruits / juniper**

**blackthorn / barberry / seabuckthorn**

**thistle - oil / card - essence / lychee**

**rose / orange / cactus - fruit / chestnut**

***magnesium : see at heart - page ( white cabbage )***

**protein : egg / fish ( numbered as Omega 3 )/ chicken / nuts**

**maize / oats / millet / soy / beans / olive black /oils**

**chestnut/honey/plantoils = Omega 3 (for the lungs)**

**involved : lymph - gland ( blood - filter ) : onions cooked**

**gut : yogurt / apple or banana / garlic or pepper**

**peppermint / 2 - 3 liter water the day**

**blockage : blackthorn and thyme**

**lungs - inflammatory : yarrow / thyme : strengthen the lungs**

**lung - glandular : onion and honey**

**lung - function : fish and plantoils ( = Omega 3 )**

**also avocado - fruit got fat / nuts**

**respiratory - problems : nutmeg / cinnamon**

**herbal : peppermint / thyme /hyssop / anise /yarrow**

**expectorant : marshmallow / lungwort / sweetwood**