

Immune Defense with Herbs – Bonus Section 3

Immunity Boosting Herb-Infused Vinegar

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00:09 Jovanka Ciares: Hello, my friends. This is herbalist and nutrition coach, Jovanka Ciares, here with another immune boosting remedy. This one is going to include the fabulous raw apple cider vinegar, and it's gonna be infused with a lot of herbs that are very easy to find these days especially if you're cooped up in the house or whatever time of the year it might be. You can actually find every single one of these herbs in the market. And it is an incredible recipe that has been around for hundreds and hundreds of years. So this is based on the famous Thieves essential oil or Four Thieves oils. There's a million names out there, but essentially, it is based on the story of... Or legend, let's say, of these four thieves that during the black plague in Europe will go to people's houses. And remember, the black plague was incredibly contagious. People were dying left and right. There were places in Europe that lost anywhere between 30% and 60% of their population.

01:19 JC: That's how serious this disease was. And these guys were going to people's houses, people that were very sick, so highly contagious and will ransack the houses and not get sick. So when they finally got apprehended, they went in front of this judge who asked them, "What is wrong with you? What are you doing?" And it turns out that they were herb and spice merchants, and they said, "Well, we learned about the amazing properties of these plants. We created our own little herbal infused oil, and we kept putting it in our bodies to protect ourselves. And that's the reason why we never got sick." So whether that story is true or not, now we know that some of these remedies, some of these herbs and plants have been well studied. There's a lot of great safety data behind them.

02:14 JC: And we know that they could be really effective and help modulate our immune system, protect our immune system, and bring us to a state where we can actually be better suited to potentially fight anything that might be out there in the world. So let's get to it. Because this is a live video, no editing, I'm just going to tilt my screen down so that you can see my table. And we're gonna start with 16 ounces of raw apple cider vinegar, and I'm just gonna use a clear jar. This holds about half a gallon. So what I'm going to do is add the raw apple cider vinegar into my jar. Fully there. Walla. And then, I'm going to start with two teaspoons. So everything here is teaspoons and we're gonna do two teaspoons of cloves and add them right there. I should have a funnel, but... Well, it's what happens when you go live.

03:25 JC: And then two teaspoons of dry sage leaves and I'm gonna add them right there. And then two cinnamon sticks, one and two cinnamon sticks. I'm gonna stick them in there. And two teaspoons of rosemary leaves, two teaspoons once again, putting them right in there. And then we're just going to move on to one teaspoon of dry thyme. One teaspoon is going in there. By the way, every single one of these herbs, I've kinda crushed them a little bit using my knife just to get the oils out a little bit. And then one teaspoon of black peppercorn. And finally, only one, I have two here for... Just to show you but only one garlic clove and I'm going to crush this or slice it. But for the purpose of this video, because I forgot to slice it, I'm just gonna put it right there. And then I'm gonna use either a chopstick or a wooden spoon if you can fit it in the jar. Ideally, you want a jar with a bigger mouth than this one, but it's okay.

04:49 JC: And that's it. I'm just gonna shake that with my wooden spoon and then I'm just going to... Oh, forget a very important step. If your jar, especially if your jar has a metal cap, you want to put a plastic or wax paper over this, and then close it. There you go. There you go. So moving this back here so I can explain to you what to do with this. So now I have my vinegar. It's getting ready.

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Ideally, you want to put this... And by the way, the paper is there especially if you have a metal cap so that the vinegar does not rust the cap. And then every single day, you're going to shake this and let the beautiful oils of these plants permeate that vinegar. And you're going to let it sit every single day for two weeks at a minimum but ideally four weeks in a dark, cool place that doesn't get any kind of sun or anything like that.

05:55 JC: And then after that, all you have to do is strain the herbs and start using it. You can use this both topically and internally. So you can use it in salad dressings. You can put it on like... I normally put one tablespoon of this in my tea when I'm trying to protect myself from respiratory issues, from the cold, the flu or anything else that might be out there. I put it on my tea, I put it in my salads, and/or you can put it on your skin if you have broken skin that is still trying to heal, not a deep wound but something that might require some antiseptic qualities. So it will end up smelling incredible. You're going to love it, very easy to do, super inexpensive. I think I spent a total of about \$10 in all of these ingredients, and I still have plenty of the herbs. [chuckle] So you can actually buy four, five, six bottles, make these kinds of things and give it to your friends so that they can keep it in their homes and use them every time they feel something coming up. It is a really incredible, amazing remedy. I hope it is actually very helpful for you. See you soon.

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