

## Four Thieves Vinegar Recipe

This is an easy recipe and all the ingredients I use are edible. While there are many recipes with additional ingredients I chose to use only ingredients that I could put internally in my body in addition to using topically.

This recipe came from the story about the four thieves who plundered graves of those who died from the plague in France during the 1720's. In order to keep from getting the plague they bathed in what is now called Four Thieves Vinegar. When asked how they were protecting themselves these are the main ingredients they used to keep from getting sick.

All of the ingredients of this mixture have antibiotic properties and so it is likely that this did provide some protection for the thieves.

2 Cups of apple cider with Mother (white vinegar can be used also)

4 Tbsp. dried lavender flowers

4 Tbsp. dried rosemary

4 Tbsp. dried thyme

4 Tbsp. dried sage

4 Tbsp. dried peppermint

Optional: 4-8 Garlic cloves (smash to get enzymes activated)

**Special note:** If you are using fresh herbs from your garden, triple the amount specified in the recipe.

Combine all the ingredients and seal tightly in a **glass** jar. Place the jar in a warm, dark cupboard for 4-6 weeks, shaking occasionally. Strain. Only store in glass containers.

### How to Use Four Thieves Vinegar

This mixture can be cut with equal parts water, and decanted into a spray bottle. Great use as a topical disinfectant around pet feeding areas, countertops, and other washable surfaces especially near where children play.

Drink some on an empty stomach in the morning; approx. 1 tsp.

Use it as a salad dressing

Add a spoonful to your bath water for personal protection