

 **The Folklore & Dark Beginnings**

 **Behind Fire Cider**

**When the black plague ravaged Marseilles in the 18th century, French folklore says that a band of lucky grave robbers and thieves escaped the Black Death by dousing themselves in a strong herbal vinegar. These cunning individuals became notorious for their successful robberies amid chaos and despair.**

**Daring robberies of homes of the sick continued and the thieves remained untouched by illness, until eventually caught and imprisoned. In exchange for leniency, the thieves offered to surrender their secret vinegar recipe. The famous vinegar recipe was It included herbs such as garlic, lavender, rosemary, meadowsweet, sage, wormwood and spices - steeped in vinegar for several weeks. With its strong antiseptic and antibacterial properties (garlic, rosemary, spices, lavender) it is quite possible that the herbal concoction also had success as a natural flea repellent (wormwood, sage and camphor).**

 **As the reputation of Four Thieves Vinegar spread, the demand for its enigmatic powers grew. Families began brewing their own versions, adapting the recipe, and passing it down through generations as a treasured heirloom. The fire cider before you has all organic, non-GMO ingredients and has been hand selected and crafted in house with homemade apple scrap vinegar. Each ingredient has anti-viral, anti-bacterial, and anti-inflammatory properties.**

****This fire cider has been sweetened with honey from our own apiary here at KANDgoods which also has it’s own beneficial properties which contributes to this beautiful and spicy blend of fire cider, sure to help minimize symptoms of your cold/flu and help promote good health and prevention. As always, don’t forget to wash your hands!**

**Directions:**

1 Tbsp a day for preventative

increase to 1 Tbsp every 4 hours for severe symptoms.

*Don’t forget to discuss with your doctor before starting any new or complimentary therapy.*