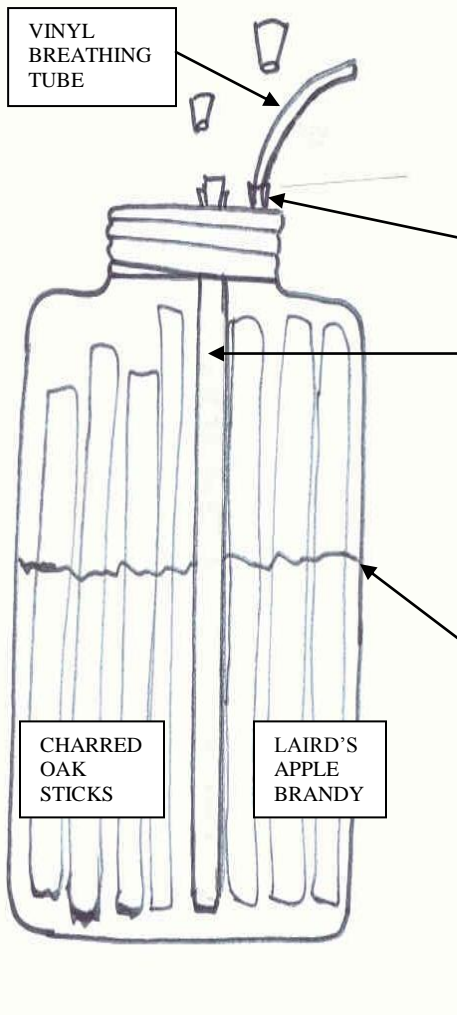


## JAY'S CHARRED OAK JAR

by Jay Hurley

I've read about Cayce's Charred Oak Keg and Apple Brandy cure for lung problems. I've wanted to try it, but have been turned off by the \$90.00 plus cost of the keg.

The night after a Health "Cayce's Remedies" Workshop at A.R.E., where the keg was demonstrated and I just happened to have lung congestion, my dream givers told me of a cheap way to do the same thing.



The dream or vision was of a one gallon wide-mouth glass jar filled with charred white oak sticks of approximately  $\frac{3}{4}$  (three quarter) to one inch squares.

The sticks can be charred on your own bar-b-q or fireplace. The sticks should be a little shorter than the depth of the inside of the jar.

Lay the jar on its side and fill it with the charred sticks. Drill two holes in the jar top for simple plastic plumbing fittings to accept a small vinyl hose.

The center hole will have a vinyl hose extending to the bottom of the jar. This is for make-up air.

As you draw air out of the breathing tube, air will enter the jar thru the make-up tube and bubble up thru the brandy, thus helping agitate and gasify the liquid. A center charred stick may need to be removed to accommodate the tube. The hose & fitting can be found at the hardware store.

Plug these two holes with appropriately sized cork when not using the jar.

Fill the jar half full with Laird's Apple Brandy to start. Add more brandy later as it evaporates.

To use: Breathe deeply four or five drags, for two or three times each day until the condition improves, then use as needed.

Once a year or so, empty the jar, wash the oak sticks, dry and refill the jar with fresh brandy.

Laird's Apple Brandy is suggested by the folks at A.R.E.

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