

Montian Recipe for enjoying good health

(In times of Pandemic)

To enjoy good health of mind and body:

Take some root of faith, green leaves of hope,

Rose of charity, violet of humility,

lily of purity, wormwood of contrition,

wood of the cross,

Tie them up all to a bundle,

with the thread of resignation,

Boil it on the fire of love in a vessel of prayer,

Add some wine of cheerfulness,

and mineral water of temperance!

Cover it well with the lid of silence,

Leave it quietly with the morning meditation;

Take a cup of it every morning and evening;

Thus you will enjoy good health,

That I want you to have, with all my heart!

-by Blessed Luigi Maria Monti