

ARTHRITIS RUB

Vaseline without petroleum 8 oz

7 Tbl 90,000 IU cayenne pepper

3 Tbl ginger pwd

1 Tbl peppermint oil

1 Tbl wintergreen oil

1 Tbl tumeric

Mix in a large glass bowl until smooth, very smooth

Store in glass container with lid away from sunlight

Apply topically

rub thoroughly until it disappears

do not rub on open sores or irritate skin

wash hands thoroughly and do not get into eyes

Use a pea size amount

Bone, muscle and joint pains

Increases the circulation

Put in hard plastic or glass jars

NOTE: Get the finest grain cayenne pepper for a smoother application!