

Pain Salve (Joint Pain)

Ingredients:

- 8oz Non-Petroleum Jelly/Vaseline
- 7 Tablespoons of Cayenne Pepper – **NOT CHILLI POWDER**
- 3 Tablespoons of Ginger Powder
- 1 Teaspoon of Peppermint Oil
- 1 Teaspoon of Wintergreen Oil

Instructions:

1. Mix in a bowl and store in a cool dry place.
2. Apply pain salve to are of pain

Caution: Be careful as this will stain clothes.

Caution: test a small portion on the skin of the individual because of sensitive or thin skin. Don't apply broken skin!

Please consult your doctor if you want to try this recipe