



## DEEP TISSUE LOTION

This formula is to repair damage to tissue, muscle, and bone. It promotes growth of new cells and bone, correcting and healing problem areas. It has helped many people, horses, dogs and cats with such problems as back pain, torn ligaments, arthritis, cuts, pulled muscles, knee injuries etc....

### **Formulae:**

- Extra Virgin Olive Oil,
- Arnica, Comfrey,
- St. John's Wort,
- Plantain, Mullein,
- White Oak Bark,
- Scullcap,
- Lobelia,
- Fire Cayenne Powder; 300,000 h.u.
- Organic Aloe Vera Gel,
- Castor Oil,
- Peppermint Oil,
- Wintergreen Oil

### **Directions for Making Lotion**

- Place 32 ounces of Extra Virgin Olive Oil in glass pan.
- Add Herb pack to the oil: Pack contains: 1/8 cup each of the following dried, powdered Herbs: Arnica Comfrey St. John's Wort Plantain Mullein White Oak Bark Skullcap Lobelia
- Also mix Fire Cayenne Powder packet into the Olive Oil.
- Warm on low heat on stove or lowest setting in the Oven or Crock pot. Let the above mixture warm for 1 to 2 hours on low heat, stirring occasionally. (Do not boil.)
- When done remove from heat.

**While the above mixture is warming**, in a separate bowl, mix the following ingredients in a blender until white and creamy:

- 1 quarts Organic Aloe Vera Gel
- 1 1/2 cups Castor Oil
- 1 ounce Peppermint Oil
- 1 ounce Wintergreen Oil

(You can replace Peppermint and Wintergreen Oil with Tea Tree Oil.)

**After the Oil and Herb mixture is cooled**, strain the herbs from the oil using a cotton cloth. Add the herbal oil to the blended ingredients and blend in the blender again.

The formula is now ready to use.

**Put in bottles and store in the refrigerator.**

**Makes 2 quarts**

**Helpful Hints: KEEP REFRIGERATED.**

To powder Herbs place in small electric grinder (\$10-\$12) and shake while grinding. Do not worry about exact measurements. You can add more or less of any ingredient.

If you do not have a certain herb, use the ones you do have. To make a poultice, mix with slippery elm bark until desired consistency then apply to area.

**CAUTION!** This is a very powerful formula and will break-up and release toxins in the body. Do not put poultice on area until after applying Formula for at least 3 days. This gives the blood stream and immune system a chance to build up its defenses.

When you do wrap, put poultice on and then put cotton muslin (cotton sheet) over poultice, then wrap.

Do not re-use wrap unless it has been washed because this formula is also drawing toxins out of the system.

Leave wrap on for 2 hours then progress up to more time if human/animal does not seem ill.

**Warning: None of the above statements have been evaluated or approved by the Food and Drug Administration or the American Medical Association.**