



6 2-oz jars



30 minutes prep

spicy pain-free salve

ingredients:

- 6 inches of ginger, chopped OR 1 tablespoon powdered ginger
- 3 cayenne peppers OR 1 tablespoons cayenne powder
- 3 sticks of cinnamon OR 1 tablespoon cinnamon powder
- 1 1/2 cups fractionated coconut oil OR organic olive oil
- 1/4 cup beeswax
- 3 vitamin e capsules

instructions:

1. Add ginger, cayenne, and cinnamon to the top of a double boiler with fractionated coconut oil or olive oil.
2. Let infuse on low for an hour. Be sure to check the water in the bottom pot.
3. Strain well using a nutmilk bag or cheesecloth and compost herbs. Don't touch your eyes! Wipe your hands.
4. Wipe pot out and add back in oil, beeswax and vitamin E.
5. When wax has melted, pour into sanitized jars or glass containers and let harden on the countertops before putting on the lid.
6. Store in a cool, dry place and use for joint and muscle aches and pains.

*Be careful and avoid putting salve in eyes or mouth! It's spicy! Keep away from small children.

the cuisine of health

- Ginger is high in trace minerals. It...
 - is antiviral, antibacterial, anti-parasitic.
 - boosts immune system.
 - relaxes muscles.
 - eases cramping.
 - helps arthritis & joint pain.