

The following is my formula for DEEP TISSUE REPAIR OIL.

This formula is awesome, and I have found it to be beneficial for arthritis patients, torn ligaments, pulled muscles, and maladjusted vertebrae. Suprisingly, it will sometimes get rid of a headache almost instantly if you put a drop on both of your temples and rub it in. Used in conjunction with Dr. Christopher's BF&C formula (tea & tincture), and you can create miracles of healing in the damaged area.

Much love,

Ian "Doc" Shillington N.D.

Deep Tissue Repair Oil Formula

32 oz. Wintergreen Oil
16 oz. Cold Pressed Organic Virgin Olive Oil
12 oz. Menthol Crystals (must be made from Peppermint or Thyme)
1/2 cup of DMSO
2 cups Arnica Flowers (Dry)
2 cups Calendula (Dried Marigold Flowers)
1 cup Ginger Root
1/2 cup Cayenne (Hottest you can find = Habanero)

Blend for 2 minutes and store for two weeks.

Add the DMSO after you have pressed the tincture. Do not get this formula near water in any shape or form or your mixture will mold.