



## MS SPASTICITY



- Apply 1-2 pumps directly to the affected areas
- Apply 1-2 pumps to your spine and cervical area
- Apply 3-4 times daily for 4 days
- Then apply twice daily

## SCIATICA



- Apply 2-3 pumps to the affected side of your body
- Apply 2 pumps to glute muscle, 2 pumps on back of thigh, 1 pump on back of calf
- Apply 3-4 times daily for 4 days
- Then apply twice daily

## MUSCLE SPASMS/CRAMPS



- Apply 1-2 pumps to the affected areas
- Apply 3-4 times daily for 4 days
- Then apply twice daily

## TENNIS ELBOW



- Apply 1-2 pumps to the elbow
- Also apply above and below the elbow
- Apply 3-4 times daily for 4 days
- Then apply twice daily

## MENSTRUAL CRAMPS

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- Apply as soon as the cramps begin
- Apply several pumps to the area of pain
- Pain relief lasts up to 12 hours
- Continue to apply as necessary

## MUSCLE PAIN

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- Apply 1-2 pumps directly to your area of pain
- Apply 3-4 times daily for 4 days
- Then apply twice daily

## RHEUMATOID ARTHRITIS

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- Apply 1-2 pumps to the affected area of pain
- The application should be applied to every arthritic area
- Apply 3-4 times for 4 days, then twice daily

## SPINAL STENOSIS

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- Apply 1-2 pumps to both sides of your spinal column
- Apply 1-2 pumps to both temples
- Apply 3-4 times daily for 4 days
- Then apply 2-3 times daily

## NEUROPATHY

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- Apply 2-3 pumps to the bottom of your feet
- Apply 2-3 pumps to your spinal column
- Apply 2-3 pumps to the back of your neck
- Apply 3-4 times daily for 4 days, then twice daily



## MIGRAINE/STRESS HEADACHES



- Apply as soon as any headache begins
- Apply 1-2 pumps of lotion across your forehead
- 1-2 pumps to your temples and the back of your neck

## FIBROMYALGIA



- Apply 2-3 pumps directly on the area of pain
- Apply lotion to the nerve path along your spine
- Apply every 6 hours for 3-4 days
- Then apply twice daily

## NECK/UPPER + LOWER BACK PAIN



- Apply 2-3 pumps directly to the area of pain
- Apply 2-3 pumps along the spine and any affected muscles
- Apply 3-4 times for 4 days, then twice daily

## SHOULDER + KNEE PAIN



- Apply 1-2 pumps directly to your shoulder and the back of your neck
- Apply directly to your knee
- In both cases, apply 3-4 times for 4 days, then twice daily