

Osteo-Body Butter

Ingredients:

½ c. comfrey (2 parts)

¼ c. nettle leaf (1 part)

¼ c. alfalfa (1 part)

¼ c. horsetail (1 part)

Coconut oil

2 oz. cocoa butter

Essential oils (see list below)

Instructions:

Fill a quart jar half full of herb blend and cover with warmed coconut oil by two inches. Keep warm either by crockpot or stove, over very low heat. Infuse for 5 hours up to 3 days (I always do 3 days for a more potent infusion).

Mix 6 oz. infused coconut oil with 2 oz. cocoa butter over very low heat to just melt the cocoa butter. Pour into a glass mixing bowl and let sit until solid. Add 1 teaspoon of essential oil(s) and blend with a hand mixer until light and fluffy. Spoon into a container.

Essential oils for osteoporosis care:

Eternity or WarmDown (Butterfly Express blends)

Clary sage

Rosemary

Tea Tree

Essential oils for skin care:

10 drops carrot seed

50 drops Baby Me (Butterfly Express blend) or

Lavender, Roman chamomile, sandalwood, geranium, rose

To Use:

Apply to body or areas of concern daily. Can also rub into fingernails to strengthen them and prevent hangnails.