



## Stiff Neck



**Condition:** Can result from a variety of causes, such as the way we position the neck when we sleep or work, exercise-related strains, sickness, etc.

**Symptoms:** Restricted or diminished range of neck movement. Pain at the base of neck and traveling up to the back of the ears.

**Treatment:** Rub George Washington Carver Rubbing Oil behind the ears and the base of neck.

## Toothache



**Treatment:** Rub George Washington Carver Rubbing Oil externally in a circular motion on the jaw.

## Miscellaneous Aches and Pains



**Condition:** Miscellaneous aches and pains are a catch-all for those unexplained pains of mysterious origin that seem to creep up on us from out of the blue, and linger around for no apparent reason; the kind of pains that don't show up on x-rays.

**Treatment:** GWC Rubbing Oil excels by using many of the techniques already described.

## Adhesions



**Condition:** Comes from trauma to the muscle. When the muscle is injured, the body treats injured muscle tissue with a substance called edema that acts as a healing agent. This glue-like substance has a tendency to bind the muscle tissues together and inhibit blood flow to the muscles.

**Symptoms:** Pain in the muscle region, decreased muscles performance.

**Treatment:** Using (GWC) Rubbing Oil with professional physical therapy is very effective.

## Back Muscle Strains/Spasms



**Condition:** Can result from something as simple as sneezing, everyday movements, or muscle pulls or strains. Also a charley horse, during which tissue contracts, producing sudden and intense pain.

**Symptoms:** Stiffness and back pain sometimes accompanied by muscle spasms. Severe pulling and pain in the muscle region, caused by inadequate blood supply to the affected area, normally in the calf muscle.

**Treatment:** Variety of treatments including rest, relaxation, aspirin, exercise and physical therapy. Accompany the above with George Washington Carver (GWC) Rubbing Oil 3 times/day, along with a 30 minute hot soak 3 times/week. Rubbing with GWC Rubbing Oil stimulates blood flow. Stretch and extend the muscle. Gently straighten the limb while rubbing GWC Rubbing Oil in the cramped area.

## Bursitis



**Condition:** Results from repeated use of a joint, causing inflammation of the bursa (fluid sac), which is a membrane sac found between the bone and fibrous tissues of muscles and tendons that help facilitate movement.

**Symptoms:** Pain, swelling, and restricted movement in the area of the elbow, hip, knee, shoulder, big toe or other joints.

**Treatment:** Apply George Washington Carver Rubbing Oil 3 times/day, using soaking and wrapping techniques.

## Gout



**Condition:** A sharp, intense pain in the base of the big toe, usually resulting from crystallization of uric acid build-up.

**Symptoms:** Swelling and redness in the joint at the base of the big toe.

**Treatment:** Apply (GWC) Rubbing Oil around the affected area in a circular fashion. Soak feet for 30 minutes in a basin of hot water with 5 capfuls of GWC Rubbing Oil. Apply GWC Rubbing Oil again after soaking.



*George Washington Carver*

HEALTH AS NATURE INTENDED

DR. GEORGE WASHINGTON CARVER'S  
RUBBING OIL:  
CARVER'S ORIGINAL FORMULA

Fast Relief From  
Minor Aches & Pains including  
Arthritis & Rheumatism

Caution: Do not use if allergic to peanuts. Do not use GWC Rubbing Oil with heating pads, or in conditions where vascular problems exist. GWC Rubbing Oil is for external use only. Follow instructions on product use. Avoid contact with eyes or other sensitive areas of the body. Do not apply GWC Rubbing Oil to open sores, ulcers, broken skin or apply in conjunction with other salves or ointments. Discontinue use of GWC Rubbing Oil if redness of skin occurs. If pain persists, consult a physician. Keep out of reach of children.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Joint Pain Relief



Elbow Pain Relief



Cramps Pain Relief



Carpal Tunnel Pain Relief



Arthritis-Osteoarthritis Pain Relief



Headache Pain Relief

## About Us



The George Washington Carver (GWC) **Rubbing Oil** was created between the years of 1900 and 1910 by Dr. George Washington Carver, the famous agricultural scientist who invented over 300 products from peanuts.

GWC Peanut Rubbing Oil was created for people who prefer an alternative to medication, as a specialty-premium rub that provides deep penetration for minor aches and pains. GWC Peanut Rubbing Oil is known for maximum penetration to relieve stiffness in joints, joint-friction from bones rubbing together, tight and sore muscles, and restricted range of movement. These problems require a lubricating rub that penetrates and lubricates without side effects sometimes caused by non-steroid anti-inflammatory drugs often prescribed for arthritic conditions.

GWC Rubbing Oil is a multi-purpose oil that can be used in a variety of ways, with hot soaks, wraps and direct applications. Be careful not to exceed recommended dosage for hot soaks where the entire body is submerged.

## Tips and Techniques:

### Sports/Player/Elbow



**Condition:** Is a result of tiny tears in tendons that attach muscles of lower arms to elbows. You don't have to be a tennis player to have Tennis Elbow.

**Symptoms:** Recurrent pain on the outside of the upper forearm toward the wrist.

**Treatment:** GWC Rubbing Oil should be applied 3 times per day on the elbow and along the forearm. Best results occur when using a forearm Elbow support after applying GWC Rubbing Oil.

## Menstrual Cramps/Cramps



**Condition:** Caused by excessive levels of prostaglandin, substances that make the uterus contract.

**Symptoms:** Pain in lower abdomen during menstruation, possibly extending to hips, lower back or thighs. Nausea, vomiting and diarrhea are also common.

**Treatment:** Rub George Washington Carver Rubbing Oil on the lower abdomen and back. A 30-minute hot soak with 3 capfuls is also relaxing and helpful.

## Poor Circulation



**Condition:** Results from a variety of different reasons-such as weakened blood vessels, blockages, heart conditions, diabetes, etc.

**Symptoms:** Leg pain in calves and feet during activities. Numbness or pain in foot or toes when at rest. Ulcers or gangrene on the foot or toes.

**Treatment:** Changes in temperature produce increased blood flow to outer layer of the skin. GWC Rubbing Oil is a counter-irritant that stimulates blood flow. Research indicates rubbing improves blood flow.

## Carpal Tunnel Syndrome



**Condition:** Occurs when the Median Nerve that goes through the narrow tunnel of the wrist becomes compressed through repetitive hand movement, causing swelling and inflammation.

**Symptoms:** A numbness or tingling sensation in your fingers and hands. Pains usually travel from wrist to forearm down to the palm of the hand or surfaces of the fingers. Pains normally occur at night, after a day of using the hands forcefully.

**Treatment:** Apply GWC Rubbing Oil to the hand and wrist liberally. Stroke GWC Rubbing Oil in an upward fashion 3 times a day. Soak hand in basin for 30 minutes in a hot basin of water with 5 capfuls of GWC Rubbing Oil. Apply GWC Rubbing Oil before and after soak. Wrap wrist in clear plastic or cloth; be careful not to apply too much pressure to the wrist.

## Psoriasis/Eczema/Dry Skin



**Condition:** These are chronic non-contagious inflammations of the skin.

**Symptoms:** Dry white, scaly, itchy patches

**Treatment:** Dampen skin. Massage George Washington Carver Rubbing Oil on the affected area before and after bath.

## Shingles



**Condition:** A localized infection caused by the same virus that causes chicken-pox. The virus often remains dormant within the nerve cells after an occurrence of chicken-pox.

**Symptoms:** Pain or tingling sensation in a limited area of one side of your body or face; a red skin rash follows, characterized by small fluid-filled blisters.

**Treatment:** Apply George Washington Carver (GWC) Rubbing Oil directly to the area, or use a cloth soaked in warm water and GWC Rubbing Oil. Apply cloth directly to the area 3 times per day.

## Sinus Congestion



**Condition:** Sinus congestion results from an infection of the nasal lining in one or more of the four sinus cavities.

**Symptoms:** Pain about the eyes and cheek, fever or difficulty breathing through the nose.

**Treatment:** Apply George Washington Carver (GWC) Rubbing Oil alongside of nose, over cheek bones and on the forehead. Be careful not to get GWC Rubbing Oil in your eyes or tear ducts.

## Headaches



**Condition:** Headaches come in all forms and are caused by a variety of things (tension, high blood pressure problems, etc.) that affect the pain-sensitive structures inside the skull, such as arteries, venous sinuses and tributary veins.

**Treatment:** Rub George Washington Carver Rubbing Oil on temples and forehead in a circular fashion. Be careful not to get GWC Rubbing Oil in your eyes or tear ducts.

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