



Homemade Hot Pepper Cream for Arthritis & Joint Pain

The active component in hot peppers that gives them their heat is called capsaicin, and the hotter the pepper, the higher the level of capsaicin there is. While rubbing something that seems flaming hot onto your sore joints doesn't initially seem like it would help arthritis, capsaicin cream is commonly sold OTC as a pain reliever. Why? Capsaicin depletes a neurotransmitter called substance P,

which is responsible for sending pain signals to our brain. If we block the big P, we never get the memo that something is hurting, and therefore end up pain free. Instead of paying for the arthritis cream at the store, try making your own. It offers great peace of mind to know what exactly you are absorbing into your skin, and it's rewarding to make yourself.

Note: It is normal for there to be somewhat of a burning sensation when first applied. If you have sensitive skin, use with caution. Always wear gloves when handling hot pepper powder, and avoid any contact with your eyes. If you wanted to look extra awesome when you make this, a pair of goggles isn't a bad idea.

Capsaicin Cream Recipe

You will need...

- 3 tablespoons of cayenne powder
- 1 cup of grapeseed oil (or any other oil like almond, olive, jojoba)
- 1/2 cup of grated beeswax
- A double boiler
- A glass jar with a tightly fitting lid

Directions

Mix together 3 tablespoons of cayenne powder with 1 cup of your oil of choice and heat in a double boiler for 5-10 minutes over medium heat. Stir in a 1/2 cup of grated beeswax and continue to stir until it has melted completely and everything is blended together. Chill the mixture in the refrigerator for 10 minutes, and then whisk together. Chill for another 10-15 and then whip again before putting it in a glass jar with a tightly fitting lid and storing in the refrigerator. It will keep for 1 ½ weeks-apply daily as needed for pain.