

Tissue Repair Oil

Cynthia Foster, MD • DrFostersEssentials.com

Uses:

- **Joint Discomfort:** Use a drop or a few drops, depending on the size of the area you are treating. You should use this formula every day to help reduce inflammation in a certain joint, muscle, ligament, tendon or any other painful area. It works over time to reduce inflammation more and more, so keep using it and don't give up after just one application. Apply at least 3 times per day – or more if you need it and for as long as you need it.
- **Sore Muscles or After a Workout:** apply a few drops wherever you are sore, or starting to feel sore. Repeat as needed.
- **Injury:** apply to injured area to help repair damage. For example, strains, strains, stress fractures, greenstick fractures and broken bones. Use at least 3 times per day to help that part of the body heal more quickly. Use for as long as you need to.
- **How Often and How Long To Use:** It's recommended to use at least 3 times per day for to help reduce chronic inflammation. Over time, the inflammation should become less and less. A one-time application can work well, but consistent use over time does even more. See also Castor oil packs.
- **Caution: Do Not Apply Just After Hot Bath or Shower:** This formula contains hot chili peppers, and they are amazing for reducing pain, stimulating healing and circulation, but they should be treated with "respect" for your own wellbeing and comfort. So, it's important not to apply heat just before or after applying the formula to your skin because it will intensify the burning sensation of the peppers. Do not apply just after getting out of a warm/ hot bath or shower. Bathing or showering in hot water opens the pores and applying immediately afterwards will intensify the burning sensation on your skin due to the hot chili pepper contained in the oil. It will burn like heck and your skin can get really red for a while after. It's not harmful at all (the same way hot chili peppers do not damage your tongue and throat, but they produce a temporary burning sensation there after you've just eaten them), but it does not feel good, either. So, wait for your pores to close first! (Wait around an hour after bathing or showering) before applying Tissue Repair Oil. After you've applied the oil, don't immediately apply a heat pack or heating pad to the area. You'll need to wait for the oil to penetrate first before applying any heat. Just remember the saying, "Don't apply heat to cayenne" and you should be fine.
- **Contains Hot Chili Pepper - Wash Hands Thoroughly After Use:** If you wear contact lenses, wash your hands at least 6 times before handling your contact lenses



or you could get cayenne residue on your lenses and that will cause a burning sensation when you insert your contact lens. It really does take 6 times. If you accidentally get residues of this formula on your contact lenses, you'll need to use an enzymatic contact lens solution and let your lenses soak in that to remove the them. (Better if you wash your hands 6 times before handling your contact lenses or you could just wear your eyeglasses during your healing process.) If you get a little cayenne residue in your eyes, it's not going to harm your eyes, but it's going to feel good – you'll get a temporary burning sensation in your eyes and a rush of blood circulation there. It could actually be very healing for your eyes, but most people don't like the burning sensation, so just be safe and wash your hands a lot after handling any hot chili peppers or any topical herbal product that contains hot chili peppers.

- **Deep Penetration:** this oil goes in deeper than many other products due to the DMSO content and the D-limonene which drives the therapeutic oils deeper into the tissues. The Peppermint oil provides a “cooling” sensation, while the cayenne provides the “warmth.” So, it's cold and hot at the same time, and this hot and cold “combo” can be very useful for aches and pains.
- **Widespread Areas That Are Painful:** if you have pain throughout your body, you may want to use an essential oil massage oil to reach more areas without using up the entire 1-ounce bottle of Tissue Repair Oil. [Muscle Energizer Oil](#) can help if you suffer from widespread discomfort and you can also spot treat the most painful areas with Tissue Repair Oil. If you cover too much of your skin all at once – widespread areas - with Tissue Repair Oil, please keep in mind that you're going to feel the "heat" in the cayenne and the cold in the peppermint/ wintergreen oil a little more intensely, and it's going to last for several minutes before calming back down.
- **Faster Healing From the Inside Out:** If you have a broken bone or severe injury, consider adding Earth's Nutrition Powder (take 2 TBS twice daily) and [Dr. Foster's Bone, Tissue, Nerve](#) Formula by mouth to also help the bone heal faster from the INSIDE – nutritionally. If you've injured nerves, you can add [Dr. Foster's Nerve Calm](#) either by mouth or rubbing a couple of drops on the injured area topically. Repeat 3 times daily until the area is healed. You can use it for as long as you want. We've known cuts to heal without scarring, injuries to heal faster than usual, & missing hair on the legs to regrow where the formula was used regularly.

Videos and Articles for Even More Info:

For more extensive information about what to do for injuries, please see the following videos on Dr. Foster's Essentials YouTube Page:



[YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials)

More Information Below:



Pain & How to Get Out Of It:

drfoster.co/out-of-pain



Regrow Tissue, Heal Deep Cuts and Wounds:

drfoster.co/heal-injuries

Customer Experiences:



Packed with power 05/18/2021

By Stephen Hopson

I bought this as my first purchase to gauge the effectiveness of Dr Foster's product line. If the oil proved to be a dud, I would stop there and not go any further.

It was used for knee and calf swelling that registered a 9/10 on the pain scale. After applying the tissue oil for several days, the swelling went away and the pain dropped to virtually nothing!

I didn't have to take any prescriptions or undergo invasive medical procedures.

The tiny bottle is packed with such potency that I felt an immediate warm sensation upon applying it on my knee and calf. The smell was pleasant yet so strong that I actually coughed because it was so powerful!

It was definitely worth \$30 (including shipping/handling). In fact, I bought a second bottle for future injuries! And my confidence was boosted so much that I decided to invest in a liver/gallstone cleanse at a significantly higher price because I now believe the quality of Dr Foster's line are second to none.



Wow! Buy it! 03/29/2020

By Elayne Nueman

This is incredible. It works ASAP on all the usual body parts where I can ache--- low back , my torn ligament, neck,--- and yesterday to relieve posterior knee pain when stretching, allowing me to regain my usual stretch position easily without stress. I have had chronic pain RLQ and R lateral hip for 1.5 yr after a partially torn ligament and bony avulsion on iliac crest, and I get relief from this! I must have it in my house!

Good Luck and Good Health To You!

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