



# Mountain Magic

FINEST QUALITY ESSENTIAL OILS AND HERBS  
FOR HEALING AND PAIN RELIEF

[www.MountainMagicHealth.com](http://www.MountainMagicHealth.com)

*Finest All Natural Herbal & Essential Oil Products. Absolutely no man-made chemicals, petroleum, etc.*

**Distributor:** Markgraf Group Reflexology - Schaumburg, IL Jim Markgraf **Phone:** 847-891-6164  
[www.mgreflexology.com](http://www.mgreflexology.com)

## 1. Mountain Magic Liniment

Commonly used for:

*Joint and Muscle Pain, Arthritis, Allergies, Asthma, Bone Spurs, Yeast Infection, Headaches, Hemorrhoids, Insect Bites, Migraines, Prostate, Rosacea, Tendonitis, Vaginitis, Fibromyalgia, Gout, Athlete's Foot, Carpal Tunnel, Eczema, Menstrual Cramps, Psoriasis, Sinus Problems, and Urinary Tract Infection.* Mountain Magic Liniment gives 4 to 6 hours of relief when applied topically. Follow the directions on the back of this page. **Ingredients:** Aloe Vera, MSM 99.9% pure, Vitamin E, Olive EX, Grape seed, Eucalyptus, Camphor, Wintergreen, Peppermint, Rosemary, Clove, Lavender, Tea Tree, Cajeput, Citrus Oils, Menthol and Dr. Willard's Water. Essential oils are the "blood" or essence of a plant derived from the leaves, stems, flowers, bark, roots or grasses. Do not use if pregnant, nursing or epileptic. Dilute in olive oil for infants.

4oz. bottle... (About a 3 mo. supply)...\$20.00

8oz. bottle... (About a 6 mo. supply)...\$30.00 \*

## 2. Bone Magic

Commonly used for:

*Deep joint and muscle pain,*

*TMJ, Earaches, Arthritis Pain, Eczema, Psoriasis, Sore Feet, and Bone Spurs.* It has herbs that remove inflammation and repair damaged tissues. Apply topically, working it in a circular motion anywhere you feel pain or discomfort, then apply Liniment on top for 4 to 6 hours of relief. **Ingredients:** Organic Palm Oil, Comfrey, Lemongrass, Yellow Dock, White Willow, and Essential Oil of Tea Tree

4oz. jar (about a 6 mo. supply)...\$30.00 \*

**SALE** (items 1.\* & 2.) our "***Dynamic Duo***" for Chronic Pain  
**\$5.00 off... Now just \$55.00 for the pair \*(reg.\$60)**

## 3. Skin Magic

Commonly used for:

*Dry cracked skin, Sunburns, Burns, Skin Rashes, Anti-wrinkle, Facial Moisturizer, Diabetic Feet, Calluses on the feet, and for any hard working, weather damaged skin.* **Ingredients:** Olive Oil, Vitamin E, Bees Wax, Lavender, Patchouli. Awesome stuff!

4 oz. tin (super concentrated - lasts about 1 yr.)...\$20.00

## 4. Lip Magic

Commonly used for:

*Dry Cracked Lips, Cold Sores, & Fever Blisters.* Makes your lips tingle & heals them quickly. You will love it. **Ingredients:** Bees Wax, Olive Oil, Menthol, Camphor, Vitamin E

1 tube ...\$5.00 or 3 tubes for \$10.00

**OUR BEST DEAL! Save \$10.00 & get all 4 of our products in our "Combo"**  
**Regular Price...\$85.00 On Sale...\$75.00**

*Disclaimer: Nothing stated here should be considered as medical advice for dealing with a given problem. You should consult your health care professional for individual guidance for specific health problems. This product is not intended to treat, cure, or diagnose any disease*

**See the back of this flyer for instructions and more info**

## Mountain Magic Directions For Use:

KEEP THE TOP CLOSED TO PRESERVE POTENCY. SHAKE BEFORE USING. KEEP AWAY FROM CHILDREN. DO NOT DRINK. DO NOT USE THE LINIMENT DURING PREGNANCY, NURSING or if EPILEPTIC. FOR SMALL CHILDREN (2 AND UNDER) DILUTE LINIMENT SLIGHTLY WITH OLIVE OIL OR GRAPESEED OIL- INFANTS HAVE EXTRA SENSITIVE SKIN.

### Any Pain due to Muscles, Fibromyalgia, or Circulatory Problems:

Rub oils (MM Liniment) on affected area every 4-6 hours for fast pain relief. Moist heat applied to the skin after rubbing in the oils will allow them to penetrate deeper. Three methods we use to accomplish this are to apply plastic wrap over the massaged in oils, to take a hot shower, or to heat a damp towel in the microwave and apply it with another dry towel on top to hold in the heat: You can also put the liniment on a soft wet cloth and apply directly. Repeat as needed.

### Arthritic Knees, Shoulders, Joints or Chronic Pain (more than 5 on a scale of 1-10) & problems involving inflammation &/ or tissue damage:

Apply **BONE MAGIC** first in a circular motion all around the knee or shoulder joint, or other painful area, then put **MOUNTAIN MAGIC LINIMENT** all around on top of the **BONE MAGIC**. This way you will get the benefits of the inflammation- removing herbs, the tissue repairing herbs, the 15 essential oils, and the MSM. This usually gives 4-6 hours of pain relief. Those Chronic areas need special care.

### Sciatic Nerve Pain:

Apply **BONE MAGIC** first, then **MOUNTAIN MAGIC LINIMENT** as described above, then rub the liniment down the leg.

### Hemorrhoids:

Put essential oils (MM Liniment) on a soft wet cloth and apply directly. Repeat as needed.

### PAIN ALL OVER:

Put 2 or 3 capfuls of **MOUNTAIN MAGIC LINIMENT** in a hot tub and soak, for wonderful relief.

### Menstrual Cramps:

Rub the **MM Liniment** where you have pain for amazingly fast relief.

### Nail Fungus, Athlete's Feet:

Soak afflicted area in hot water with 1-3 capfuls of **MM Liniment**, then apply the liniment topically to the afflicted area 2-3 times daily.

### Acne:

Cleanse the face with warm water and soap, then rub **MM Liniment** on the affected area every morning and evening. This kills the bacteria, but you may also need to moisturize with **Skin Magic**, as repeated usage can cause dryness in some skin.

### Headache, Migraine :

Rub oils (**MM Liniment**) on the back of the neck, temples, forehead, or where it hurts, then inhale them deeply at least four times through the nose and out the mouth. Repeat, but reversed inhaling this time through mouth and out the nose. Blow your nose afterwards to clear passages. Continue rubbing in Liniment, then inhaling it until the headache is completely gone. This usually only takes minutes. Relax.

### Gout: Same as for Arthritis

**Bone Spurs: -For Feet:** Immerse afflicted foot in a hot foot soak 1-3 times daily with 1 cap of oils in water, then dry & apply **BONE MAGIC** first, then **MM LINIMENT**. Cover area with plastic wrap, put on shoes and socks & leave until next foot soak for awesome results.

### Skin Infection. Rosacea. Eczema. Psoriasis. Insect Bites:

Cleanse & Rub **MM Liniment** on infected areas every 4-6 hours.

### Prostate. Urinary Tract. Vaginitis. Yeast Infection:

Put 2 capfuls of essential oils (**MM Liniment**) in 6-8 inches of bathwater and soak. Repeat as needed.

### Respiratory Problems such as. Allergy. Sinus Problems. Asthma. Snoring :

Put a bit of oils (**MM Liniment**) in the palm of hand, moisten a Q Tip (or use your clean pinky) with the oils and clean ear canals and nostrils to remove dust mites and contaminants. Now rub hands together to heat oils and inhale deeply at least 4 times through nose and mouth. You can also put 1 tsp. of oils in vaporizer or boiling water. Destroy Virus, Bacteria, Fungus, Mold, & Dust Mites throughout the house, by misting the air with a spray bottle mixture of 1 capful of liniment to about 1/2 to 1 quart of water.

## ----- INTERESTING FACTS ABOUT ESSENTIAL OILS -----

Essential oils work synergistically with our own body helping to repair, and renew it. The "oils" from the plants, being quite similar to our own blood and immune system, actually work quite harmoniously within our body. They have super tiny molecules, too, and that coupled with their adaptogenic qualities, allows them to pass easily into our blood stream, our cells, organs, etc. Once there, they oxygenate and detoxify our blood and create an environment where pathogens cannot survive! These essential oils increase circulation, relax muscles, help to repair damaged tissue, and are extremely anti bacterial, anti fungal, anti viral, and anti septic. Almost every essential oil is helpful to the immune system, either directly or indirectly. Some of the beneficial essential oils included in Mountain Magic are listed below:

- \* For fighting bacterial infection: Lavender, Lemongrass, Rosemary, and Tea Tree.
- \* For protecting against viral infections: Eucalyptus, and Tea Tree.
- \* For killing fungus and mold: Tea Tree.
- \* For increasing the activity of white blood cells to help fight infection: Lavender, Cajeput, Peppermint, and Rosemary.
- \* To help heal wounds: Lavender, Comfrey

ESSENTIAL OILS... • are absorbed by the body 200 times faster than water. • assist in the production of hormones, vitamins and energy. • do not interfere with the body's electromagnetic field. • bring oxygen and nutrients to the tissues. • enter and then leave the body through a different route of the elimination system--colon, urine, lungs, and skin with great efficiency, leaving no toxins behind. They help to dispose of cell metabolism waste such as carbon dioxide and lactic acid. • increase blood flow and decrease blood viscosity--increasing the efficiency of the immune system. are anti-bacterial and anti biotic – strengthening living tissue while killing germs Essential oils contain 100 components such as terpenes, alcohols, esters, dehydres, ketones, phenols. They also contain aromatic chemicals which are derived from phenylpropane--the precursors of amino acids which link to make the proteins which provide the building blocks for just about everything in the human body from the smallest enzyme to the skeleton.\*\*\*It is very important to know that perfume oils often known as fragrance oils or "fragrances" are not the same as essential oils. Perfume oils and fragrances contain unnatural chemicals and do not provide the therapeutic benefits of essential oils.