

# Diabetic Skin Recipe

Great for Non-Diabetics too!

## Ingredients:

- One jar of Vicks Vapor Rub
- cotton gloves for the hands
- cotton socks for the feet
- cotton cloth for any other treated area.

Wash the area to be treated in warm water. Gently pat dry - don't rub. While the skin is still moist apply Vicks Vapor rub ointment to the affected area and then immediately cover with the cotton gloves or socks or cloth. Leave on overnight, and remove in the morning.

You will awaken to new skin and you'll notice a great improvement in the circulation of the area treated. The first thing you'll notice is the warmth to the area. Warmth means healing is occurring. This is a fabulous treatment. It's a bit smelly, but the results are well worth the smell.

Enjoy!

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