

## CREAMS

### DEVIL'S CLUB CREAM

*For the relief of joint inflammations and muscle pains of Arthritis, Rheumatism and Gout.*

**Ingredients:** Oplopanax h. (Devil's club), Harpagophytum p. (Devil's claw) Urtica u. (Stinging nettle), Purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### CRAMPING & PAIN AWAY CREAM

*This unique cream contains Veratrum viride or Indian Hellebore. For the use of sore, over-used, strained, inflamed & aching of muscles, ligaments, bones and joints.*

**Ingredients:** Veratrum v. (Indian Hellebore) tincture, purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### SKIN CREAM

*This soothing blend of Herbs helps with minor cuts, controls the itching and irritation of Eczema, Psoriasis, Hives, Rashes and Rosacea.*

**Ingredients:** Inonotus o. (chaga), Abies b. (Balsam Fir), Arctium l. (Burdock root), Pine tar, Purified water, emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### COMBO CREAM

*This unique cream contains Indian Hellebore and Devil's Club. For the use of sore, over-used, strained, inflamed & aching of muscles, ligaments, bones and joints from injuries, surgeries and arthritis.*

**Ingredients:** Oplopanax h. (Devil's club), Arpagophytum p. (Devil's claw), Equisitum a. (Horsetail), Veratrum v. (Indian hellebore), Purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### DR. JEANNE'S ANTI-WRINKLE CREAM

*This formula helps reduce the signs of wrinkling. It soothes, moisturizes damaged facial tissue and helps in collagen repair.*

**Ingredients:** Vit. C., Hyaluronic acid, Alpha-lipoic acid, GH3, Nigella s. (Black seed), Alnus r. (Alder bk.), Plantago m. (Plantain), Jojoba & Kakui oils, Purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### FOOT CREAM

*To effectively protect, heal and nourish skin.*

**Ingredients:** Cocus nucifera (Coconut oil), Aleurites moluccana (Kukui Oil), Betula lenta (Birch stems), Alnus r. (Alder), Vitamin C., Citric a. & Silver citrate.



### WISE WOMAN'S CREAM

*The cream is formulated as a Hormonal balancer to alleviate both premenstrual and menopausal symptoms.*

**Ingredients:** Phytolacca a. (Poke root), Vitex agnus castus (Chaste tree), Cimicifuga r. (Black Cohosh), Dioscorea v. (Wild yam), Purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

### WOUND CREAM

*For the after effects of burns, open sores and open skin wounds.*

**Ingredients:** Aloe v. (Aloe), Echinacea p. (Purple Coneflower), Portulaca o. (Purslane), Plantago m. (Plantain) Hydrastis c. (Goldenseal), Purified water, Emulsifying wax NF, Stearic a., Citric a. & Silver citrate.

## MASSAGE OILS

### DEVIL'S CLUB & BIRCH BARK

*A sensuous massage oil combination of Devil's Club to help as an anti-inflammatory and the Birch to soothe the skin and muscles. Use as massage oil throughout your body. Leave on overnight and wash off with your morning bath.*

**Ingredients:** Oplopanax h. (Devil's club), Betula papyrifera (Paper Birch), Helianthus annus oil (Common Sunflower), Tocopherols (Vit E.), Serenity blend E.O.



### ST. JOHN'S WORT & FRANKINCENSE TEARS

*A sweet and soothing anti-anxiety massage oil to help oil away those tense sore muscles and put a glow in your skin. Use as a massage oil throughout your body. Leave on overnight and wash off with your morning bath.*

**Ingredients:** Hypericum p. (St John's wort), Boswellia c. (Frankincense gum), Helianthus a. oil (Sunflower), Tocopherols, (Vitamin.E.), Lavender, Geranium, Tea Tree, Chamomile.



## THROAT SPRAY

### SORE THROAT SPRAY

Spray unto sore, inflamed throats, Use as needed.

**Ingredients:** Echinacea p. (Purple Cone Flower), Calendula o. (Marigold Flower), Hierochloe odorata (Sweet Grass).

## SOAPS

Free from lauryl sulfates and chemical additives.

|                       |                      |
|-----------------------|----------------------|
| Blue Pearl for Him    | Bonsai-Citrus Ginger |
| Cedar                 | Devil's Club         |
| Harmony               | Hawaiian Lei for Her |
| Lavender Swirl        | Lemon Grass          |
| Sage                  | Sweet Grass          |
| Wheat Germ Honey      | White Cranberry      |
| Lavender Mint         |                      |
| <b>\$6.00 per bar</b> |                      |



I am semi-retired from a Family Medical Practice but make myself available as a Consultant and a Lecturer on various First Nations issues especially about Traditional medicine. I would be very happy to be invited into your community to harvest your local plants; teach your members how to make medicine from these plants from the point of view of melding the knowledge of Traditional and Technical knowledge accompanied with research."

Thank you for using my Herbal Therapeutic Creams, Lotions, Soaps, Body Products and Facial Care Products. In 1991, I founded these Herbal Medicinal Products as "Green Blessings" to help my patients. Traditional Herbs are used whenever I can find them. Wild-Crafting these herbs seasonally is important to get the best results. The Ancestors gave us a core belief that healing is Physical, Emotional, Mental and Spiritual to have total healing. Enjoy these products and share in the Circle of Healing thus continuing the healing given to us by our Ancestors.

**TO ORDER PRODUCT OR INQUIRE ABOUT CLASSES,  
PLEASE CONTACT  
Dr. Jeanne Paul  
Phone: 604-702-1902**

**PAYMENTS as follows:**

1. E-transfer: autodeposit
2. Money Order: to Dr. Jeanne Paul
3. No credit cards or check payments.

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Please check for updates of new products and events at:

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# Red Shawl Woman

## Handcrafted Products



**Dr. Jeanne Paul**  
Naturopathic Physician

Ethnobotanical Researcher  
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