

## WHAT YOU NEED:

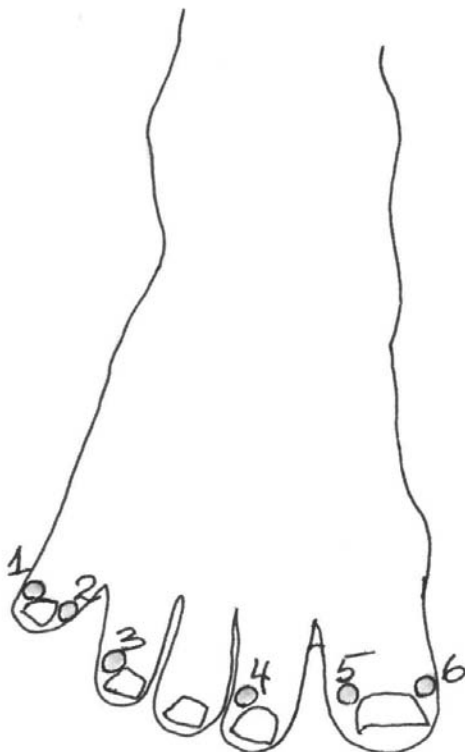


ANY OVER-THE-COUNTER CREAM OR  
OINTMENT WHICH HAS AT LEAST 5-10%  
MENTHOL

Doctor Moroz or Staff Will Teach You How to Find  
Your Points...

## STEP 1

BEGIN HERE

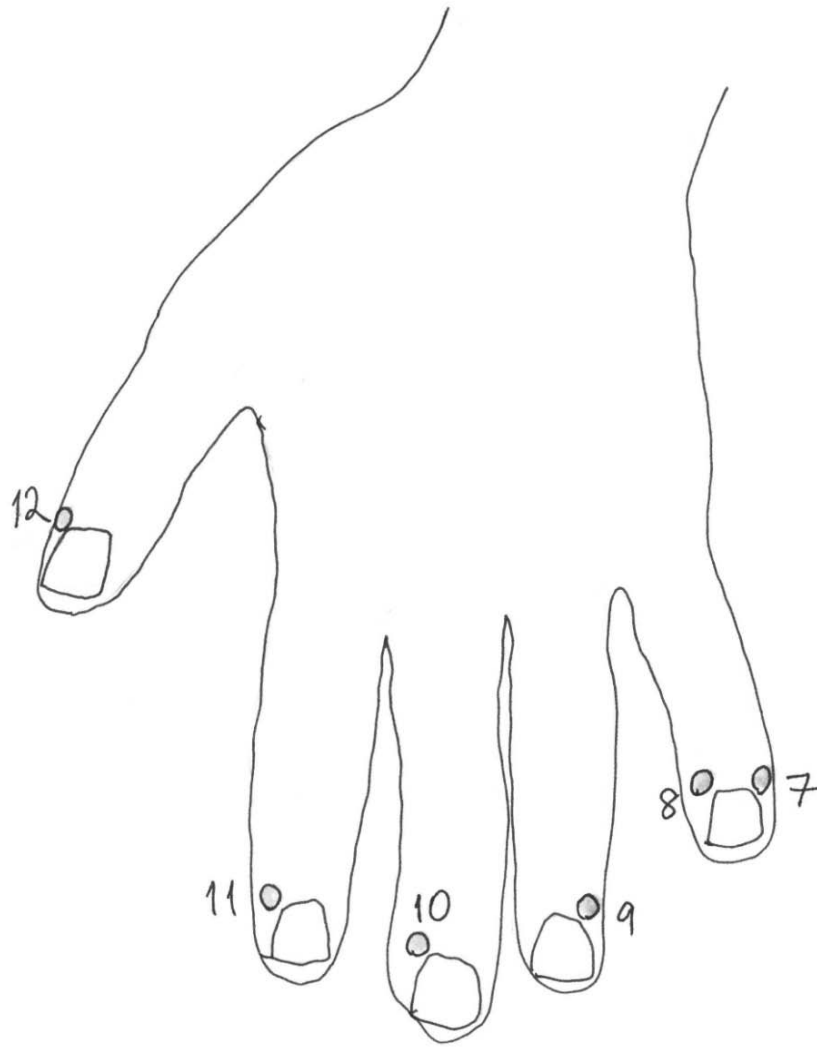


Apply a pea-sized amount of menthol cream to point(s) previously shown to you by Dr. Moroz or staff (1-6)



OR...

BEGIN HERE



Apply a pea-sized amount of menthol cream to point(s) previously shown to you by Dr. Moroz or staff (7-12)

## STEP 2

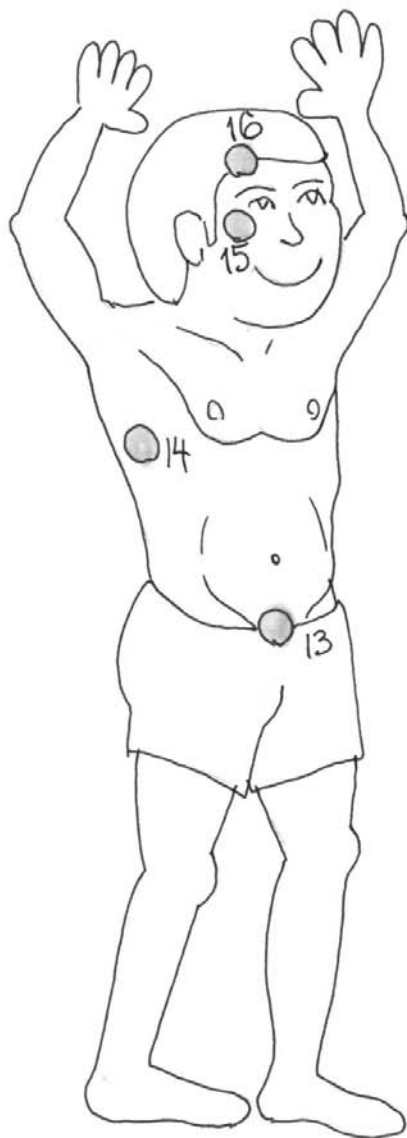
Apply a peanut-sized amount of menthol cream to the area of your pain



YOU have to determine which area is most bothersome and apply the cream there

**FINALLY, STEP 3...**

END HERE



Apply a pea-sized amount of menthol cream to point(s) previously shown to you by Dr. Moroz or staff (13-16)