

Aging Gracefully Arthritis Salve

HEARTLAND BOTANICALS · HOME RECIPE CARD

Makes: One 1 oz tin (~30 g) Date: _____ Batch #: _____

A dog-safe, lick-safe salve for stiff or flaring joints, built on Solomon's Seal for the connective tissue and Boswellia for inflammation.

Step 1 Pick Your Herbs (choose one)

Joint is hot, swollen, or "angry" → Solomon's Seal + Plantain leaf

Joint is stiff or creaky (especially in the morning) → Solomon's Seal + Calendula flowers

Pick one combo. Don't mix both. Safe for dogs to lick when made as written.

Step 2 Make the Infused Oil *(do this 2-3 days ahead)*

WHAT YOU NEED

Coconut oil (or olive oil) - 1/2 cup (120 mL)

Coconut is best: firmer, longer shelf life

Solomon's Seal root, dried, chopped small - 2 heaping tsp (7 g)

Chop to pea-size or smaller

Plantain leaf OR Calendula flowers, dried - 2 Tbsp loosely packed (4 g)

Use whichever you picked in Step 1

HOW TO DO IT

- 1 Make sure all herbs are **completely dry** before you start. Any moisture = mold.
- 2 Put the herbs in a clean, dry glass jar. Pour the oil over them so all herbs are covered.
- 3 Set the jar in a slow cooker or pot of warm water. Keep the heat on **Warm** (not Hot). Target: under 110°F / 43°C.
- 4 Leave it on **8-10 hours a day for 2-3 days**. Turn it off at night. Give the jar a gentle shake each morning.
- 5 When done, pour through cheesecloth or a fine strainer. Squeeze out every drop. **Label the jar** with the herb name and date.

You'll end up with about 1/2 cup of infused oil, enough for 4 to 5 tins of salve.

Step 3 Make the Salve *(about 15 minutes)*

WHAT YOU NEED

Infused oil (from Step 2) - 26 g (~2 Tbsp)

Weigh it if you can: it matters

Beeswax pastilles - 6.5 g (~1 1/4 tsp)

More wax = firmer. Less = softer.

Boswellia extract powder (60-65% boswellic acids) - 300 mg (use a mg scale)

Add AFTER removing from heat

HOW TO DO IT

- 1 **Double boiler:** Put 1-2 inches of water in a small saucepan at a low simmer. Set a heat-safe glass jar or small Pyrex inside (water should **not** touch the bottom of your jar, or keep it very shallow).
- 2 Add the 26 g infused oil and 6.5 g beeswax to the jar. Stir gently as it melts.
- 3 Once everything is melted and clear, **take it off the heat**. Don't let it boil.
- 4 Wait 1-2 minutes until it's not steaming, then stir in the **300 mg Boswellia powder**. Stir well for about a minute until no clumps remain.
- 5 Optional: drip a little on a cold plate, wait 30 seconds. Too hard? Add a little oil. Too soft? Add a tiny bit more wax, re-melt.
- 6 **Pour into your 1 oz tin right away**, it sets quickly. Fill close to the top.

- 7

Leave it at room temperature for 1-2 hours to set. Don't put it in the fridge while it's still warm.
- 8

Label it immediately: herb combo used, date made, discard-by date.

Step 4 Storing It *(shelf life & what to watch for)*

OIL USED	HOW LONG IT LASTS
Coconut oil base	9-12 months
Olive oil base	6-9 months

STORAGE RULES

Keep it in a **cool, dark spot**, a drawer or cupboard, not the bathroom or near the stove.

Always use dry fingers or a clean spatula. Wet fingers are the #1 way to ruin it early.

Lid on tight after every use. In hot weather you can refrigerate it, just let it soften before applying.

THROW IT AWAY IF YOU NOTICE ANY OF THESE

- Smell:** Rancid, sour, paint-y, or "crayon." Fresh salve smells mild and a little waxy.
- Look:** Fuzzy mold, discoloration, or liquid pooling in the jar.
- Texture:** Oily separation or unusual sliminess.
- History:** Wet utensils dipped in, left open too long, or you can't remember when you made it.
- When in doubt, throw it out.**

How to Use *(for dogs)*

Apply a thin layer to the sore joint **2-3 times a day** during a flare. Trim fur over the area if it's thick so the salve actually reaches the skin. To clean buildup, wipe with a damp cloth or diluted apple cider vinegar (1 part ACV : 3 parts water), then let it dry before applying again.

This is a comfort support product. If a joint is severely swollen, hot, or your dog won't put weight on it, see a vet.

Quick Checklist *(before you pour)*

- ☐ Herbs were fully dry before infusing

☐ Oil was strained clean, no herb bits

☐ Wax fully melted, no chunks
- ☐ Boswellia added off-heat and stirred smooth

☐ Tin / jar is clean and dry

☐ Label filled: herb combo + date made + discard-by

Batch Log

BATCH #	DATE MADE	HERBS USED	DISCARD BY	NOTES