When you have aches and pains, it is very easy to simply reach for Aleve or an ibuprofen based medicine. I know it is something I am guilty of, and I am sure some you are too.

The thing is, there are some very powerful oils, herbs and spices that when combined (correctly!) can create very effective natural treatments and medicines. This natural pain relieving cream from One Good Thing From Jillee is case in point. It provides pain relief without any pharmaceutical chemicals.

This cream is very easy to make AND there is even super-simple shortcut version included at the bottom of the page.

Make Your Own Homemade Pain Relieving Cream

(Image from: One Good Thing From Jillee)