



Instruction

1. **Knee Pain:** Reduce knee pain by applying yellow oil to the knee, ankle, and lower back areas. Avoid applying excessive pressure or engaging in vigorous massage techniques in these regions. Reapply the oil every four hours. Adopt a lying position with the heels close to the buttocks and knees bent in an upright position. Repeat this exercise 4-5 times. It is advisable to perform this routine in the morning and before bedtime. Consequently, the knee pain will dissipate.
2. **Back Pain:** Alleviate back pain by applying yellow oil to the back area and gently massaging it several times to facilitate the absorption of the active ingredients into the skin. Refrain from applying excessive pressure or engaging in vigorous massage techniques. Reapply the oil every four hours, and you will experience relief from back pain.
3. **Lower Back Pain:** Ease lower back pain by gently massaging yellow oil into the lower back area. Repeat this process several times and reapply the oil every four hours. As a result, the lower back pain will subside.
4. **Shoulder Pain:** Mitigate shoulder pain by applying yellow oil to the shoulders and armpits and gently massaging it several times. Avoid applying excessive pressure or engaging in vigorous massage techniques in order to prevent muscle strain injuries. Repeat this process every four hours.
5. **Triggered Finger:** Gently apply a small amount Oil or Balm to the palm and back of the hand, ensuring they are slightly damp. Extend the trigger finger forward without applying pressure or massaging the finger joint area. Instead, focus on massaging the wrist and back of the hand. Avoid forcefully separating the trigger finger to prevent severe pain and repeated rigidity. In the case of a locked thumb, apply Oil or Balm to the finger joint. Then, clench the other four fingers into a fist and gently stretch the locked thumb (avoid bending it). Proceed to lightly massage the four fingers, starting with the index finger, followed by the middle finger, ring finger, and little finger, respectively. Finally, gently pull the locked thumb. Repeat these exercises 3-4 times.
6. **Neck Ache:** Alleviate neck discomfort by applying yellow oil to the neck, shoulders, and armpit regions every four hours and gently massaging it several times. Within the next few days, the discomfort will dissipate.
7. **Cramps:** Prevent cramps by applying yellow oil to the affected area several times or before going to bed, allowing the active ingredients to penetrate the skin and prevent cramping.
8. **Massage for paralysis relief:** Apply Yellow Oil generously on the palm or soak the affected area with the paralysis. Proceed to massage the area with regularity and frequency, ensuring intervals of four hours between each session.
9. **Alleviate headaches, dizziness, stress, uneasiness, and tremors:** applying the oil on the nose, temples, xiphoid, and massaging the occiput and scruff areas. For individuals experiencing drowsiness, moisten a piece of cloth and lightly apply a few drops of the oil. Gently dab the face and neck to induce relaxation and dispel sleepiness.

10. **Cold and Nasal Congestion:** Sniff and apply the oil. Dribble a small amount onto a handkerchief and tie it around the neck to alleviate symptoms of allergic rhinitis or asthma. Prior to applying the oil, blow the nose if there is mucus present. In the case of sinusitis, insert tissue paper into one nostril overnight. Rapid relief from the symptoms will be observed.
11. **Insect Bite:** Treat poisonous bites from insects or animals, including centipedes, wasps, hornets, bees, scorpions, and giant catfish, by soaking absorbent cotton with Yellow Oil and using it to cover the affected area. The pain will subside. For mosquito bites, prevent or treat lymphatic nodules by dabbing absorbent cotton soaked in the oil on the affected area 4-5 times a day. The nodules will wither and disappear.
12. **Burn:** For scalds or burns caused by fire or exhaust pipes, apply the oil on the affected area every four hours. In the case of blisters, gently dry them with a toothpick before applying the oil. As the burn begins to heal, the affected skin may become scaly. Do not peel or scrape it; allow it to naturally shed off, resulting in complete recovery of the area.
13. **Alleviate hemorrhoids:** Apply Yellow Oil around the rectum and piles every two hours daily. With regular use, the piles will dry out and naturally detach, particularly those in the shape of cockspurs or nodules.
14. **Relieve Ulcers and Sore Throats:** Diligently wash hands before applying Yellow Oil. Dab the oil and gently apply it to the tongue and throat four times daily, one hour before meals or bedtime.
15. **Wounds and Cuts:** To treat a fresh wound, such as a cut, abrasion, scalp laceration, or nail or thorn piercing, it is recommended to soak absorbent cotton in water and use it to cover the wound or apply a bandage to stop the bleeding and alleviate pain. It is important to avoid contact with water when applying yellow oil to the affected area. This will promote healing and improve the condition of the wound.
16. **Itching and Rashes:** If you are experiencing an itching nodule on the skin, which could be caused by conditions like tinea pedis or detergent allergy, or if it is a result of food allergy or hives, it is advised to soak absorbent cotton in water and gently dab it on the affected area. This will help relieve the itching and alleviate the symptoms.
17. **Toothache Relief:** It is recommended to apply yellow oil or gently smear it on the painful area regularly. In cases of severe toothache, soak clean absorbent cotton and place it in the affected tooth to alleviate the pain.
18. **Pimples:** Apply yellow oil directly on the papule or inflamed area, or mix a small amount of yellow oil with whitening cream. Gently dab this mixture on the head of the pimple two to three times a day or before going to bed. Prior to application, ensure that the face is thoroughly cleaned.
19. **Stomachache or Dysmenorrhea:** Apply the yellow oil to the painful areas.
20. **Fainting and Dizziness:** it is advised to apply yellow oil to specific areas including the xiphoid, heart nose, scruff, and occiput every three hours. This will help promote better respiration and a healthier heart.
21. **Splinted After Surgery:** applying yellow oil 3-5 times daily can alleviate swelling in bones or arteries after the splint has been removed. This application will lead to improvement in the swollen area.
22. **Migraine:** Alleviate migraine pain by applying yellow oil to various spots on the scalp, as well as the neck down through the back area, every four hours. The migraine pain will diminish.