

HOMEOPATHIC FIRST AID TO THE RESCUE!

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ARNICA

Arnica is a well-known remedy made from the Leopard's Bane plant. Legend has it that mountain climbers used to chew on the fresh plant to relieve their sore, aching muscles and bruises. Used homeopathically, Arnica is an excellent first aid remedy for shock, trauma and bruising. Internally it is used after shock and injury such as after a car accident or a fall, surgery, childbirth or dental work. Think of it when you find bruising & soreness along with oversensitivity, an aversion to touch and the desire to be left alone.

Arnica ointment is extremely useful externally for bruises & sprains when rubbed into the affected area immediately after injury. Arnica oil is used in massage to relieve sore muscles. However, it should never be used externally near broken skin as it may cause a rash.

HYPERICUM

Hypericum is made from the herb St. Johns Wort. Homeopathically it is known as the "Arnica of the nerves". This is due to its' use in injuries to areas rich in nerves, such as the fingers & toes, teeth, eyes, or spine - especially the tailbone. It is particularly useful in crushing type injuries - after slamming a finger in a door for instance - and after dental treatment when nerves have been irritated. Pains are typically sharp and shooting, and are made worse by cold or touch.

Externally Hypericum is often found in creams and ointments combined with another remedy - Calendula. The combination - Hyperical - is very useful for cuts, scrapes, wounds and burns. The Calendula helps to prevent infection and promote healing while the Hypericum reduces the pain and inflammation of the nerves.

LEDUM

Ledum is made from the Wild Rosemary plant. Internally its' most common uses in homeopathy are for puncture wounds, bites and stings. In recent years it has become widely used after tick bites to help prevent and reduce the symptoms of Lyme Disease. It is especially effective for wounds and stings where you find the skin to be puffy, purplish and cold to the touch with severe bruising and stinging pains. Symptoms are always better from cold applications and worse from warmth and touch.

Ledum ointment is often used externally to soothe the pain and itch of insect bites and stings. It is also used for puncture wounds to reduce pain and promote rapid healing of damaged tissues.

Although homeopathic remedies are safe & effective, you should always exercise care when treating yourself or your family with these powerful remedies. Never use a potency higher than 30C or attempt to treat chronic illness without consulting a qualified homeopath, and never continue taking a remedy for more than 3 doses without improvement. Always stop taking the remedy if you experience any symptoms, and you should always consult with your physician regarding your personal healthcare.