



A Word of Wisdom

ARNICA

Arnica is one of the most beneficial substances available in nature, with the power to relieve many of the common aches, pains, and injuries that arise in our daily lives.

The main uses of Arnica include bruising, swelling, pain relief, arthritis, and injuries.

Falls, blows, and other traumas can cause blood vessels to break under your skin and spill blood, causing tenderness and discoloration. Arnica speeds up the healing process, prompting your body to send more white blood cells to clean up and repair the bruise.

It is a natural pain reliever that doesn't just mask the pain; it stimulates your body's healing processes. **Arnica** is especially recommended for pain that derives from trauma (such as a fall) or inflammation (such as arthritis). Arnica offers a safe alternative remedy for pain, without the risks associated with over-the-counter or prescription pain medicine.

Arnica aids in the healing of many kinds of injuries, especially those that impact soft tissues. Arnica can reduce pain and swelling from sprains, strains, fractures, overexertion, sore muscles, and more. Many people find that Arnica helps them recover much faster, so they can get back to the activities they love!

Arnica is taken in two common ways: topically, which is a delivery method for both herbal and homeopathic Arnica; and orally, which is safe and acceptable only in homeopathic form. Some of the most popular products are Arnica gels, creams, and ointments – most of which are used to combat bumps and bruises, inflammation, and the like. Homeopathic pills, tablets, and liquids, can be taken orally, and often address more chronic symptoms like internal pain and arthritis.

