

Emergency Remedy Series: You Know *Arnica* – Or *DO* You?



If you've studied homeopathy at all, you know *Arnica montana* like the back of your hand; it is an integral part of your homeopathy first-aid kit.

I've discussed it in my blogs and podcasts many times, as have several of my Moms with Moxie. (It's easy to do a search for all the references to *Arnica* on my website, but just this once, I'll give you a hand with [this link](#).)

Because of your studies, you know *Arnica montana* is a little flower native to the Alps and other mountainous regions.

Similar in appearance to the common daisy, the *Arnica* flower and its leaves have been used for centuries as an analgesic, anti-inflammatory, and injury-recovery medicine.

As a homeopathic preparation, *Arnica* is invaluable after head injuries. You know it should be your first thought

after a fall, especially when soft tissue is damaged, as it alleviates or even prevents bruising and facilitates rapid healing.

In fact, *Arnica* is one of the premier homeopathic remedies utilized in traditional hospitals! Many doctors – especially plastic surgeons – recognize the benefits of *Arnica* for reducing swelling and bruising postoperatively.

You know you can purchase *Arnica* in a topical form, such as [Boiron's Arnicare® cream](#) or [gel](#) in almost any drugstore or grocery store. *Arnica* is becoming ubiquitous.

So, you know *Arnica*.

Or *DO* you?

(I wish I could insert suspenseful music here!)

Years ago, when I was learning homeopathy, my mother only remembered one remedy: *Arnica*. It was her down-and-dirty, go-to remedy ... for anything! “Oh well, it worked for this or that, so I’ll just use that *Arnica* again!”

Through her wide-ranging application of [Arnica 200](#), we discovered it worked beautifully for her as a sleep aid! Not something we usually associate with *Arnica*, right? But, boy, did it work!

We all know the day after a bad night’s sleep can be rough. We feel beat up, fatigued, as if we’ve been hit by a snowplow, and the plow backed up over us again to see what it hit!

Many times, the “day-after” can seem insurmountable. Especially if we’re at work with a deadline or at home with a demanding family, relieving fatigue can become an emergency! That’s *Arnica* too.

You may think of this medicine for jet lag, too.

Arnica montana is tremendous for relieving fatigue. First thing in the morning as I realize I didn't sleep well, I utilize *Arnica* 200. I may repeat the remedy until I am functioning properly, perhaps every six hours or so if needed.

I share a remarkable story in my [*materia medica*](#) about my teaching a severely fatigued professional athlete about *Arnica montana*. He had been a skeptic of homeopathy until his fatigue was resolved within about 40 minutes after his first dose!

Because of his experience, he became one of homeopathy's best evangelists.

So, yes, *Arnica* is indispensable for your first-aid kit of emergency remedies for all the reasons you already knew! Plus, an extra tube of pillules might be a necessity on your nightstand for times when sleep is elusive.

It's also a capital medicine for... wait, I could go on about it for nearly an hour. And that's precisely what I plan to do on my 8 PM Monday night Facebook live in a few weeks, so stay tuned.

Once you are feeling refreshed, remember to pass on the good news about homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. I seemed pretty confident you already knew a lot about *Arnica*, didn't I? That's because thousands of you have already taken advantage of my [*Gateway to Homeopathy I Study Group Curriculum*](#). *Arnica montana* is well-covered – one of

several remedies I discuss in the First-Aid Lesson in the curriculum.

For those of you who have not yet joined a study group, I highly encourage you to either join a group or start your own. It's easy. The [Gateway to Homeopathy I curriculum](#) takes you by the hand, allowing you to learn my specific brand of Practical Homeopathy® in a supportive environment surrounded by other like-minded students.

If you have already studied *Gateway to Homeopathy I*, don't forget to continue your education! There is so much more to learn in my new continuation of the series, *Gateway to Homeopathy II*. Continue with your previous study group or start a new one! Either way, you – and your family – will benefit from your increased competence and confidence.

So, pour yourself a cup of coffee or tea and join in with like-minded women (and sometimes men too!) to become the healer in your world.

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette.

(And just so you know...I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[Aconitum napellus](#) (Eye injuries)

[Hypericum perforatum](#) (Injury to nerve-rich areas)

[Arsenicum album](#) (Food poisoning)

[Cold Calm®](#) (Colds)



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