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This is the first of what I hope will become regular newsletters. I welcome your feedback. If there is anything specific you would like to see appear in it, or any questions you would like to see answered, please do let me know.

I plan to write about a particular remedy in each issue, pass on news and discuss other relevant subjects. Today I will start with the remedy most people know at least a little about: Arnica.

I hope this letter will help to empower you towards better health and a growing knowledge of homoeopathic remedies and healing.

With best wishes,

*Raewyn*

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## ***Remedy: Arnica Montana***



**Arnica is often the first remedy homoeopaths learn.** In fact it is often the first remedy that most people hear about, and sometimes the only one. One of my teachers said, “Arnica is the remedy that you give to convince people that homoeopathy works.” Of course he meant to give it only if it is needed! It is one of our leading first aid remedies.

Arnica is a plant that has been used for centuries in herbal medicine. In German it is known as “Fallkraut” – herb for falls. As an alpine plant it grows in just the right place to help people in the dangerous mountain environment. We find this often with plants – they will grow where they are most needed, where they can be of the most help to humans and animals.

Arnica is a plant in the daisy family. It grows amongst the forest detritus. The yellow flower often looks torn or damaged. In both these aspects we see a clue to its use. In

herbal medicine it was used as a tea or tincture to stop haemorrhage and resolve bleeding. This little plant has saved many lives.

In homoeopathy it is used in the same situation as the herbal preparation but in potency (highly diluted). Taken as pillules or as drops, Arnica in potency will stop bleeding, and resolve bruising and contusions. It will act to prevent infection in bruised and traumatised tissue and will reduce the aching and bruised feeling. It is useful after delivery and will treat postpartum fever if the new mother has that aching bruised feeling too.

When someone goes through physical trauma they are often shocked emotionally. Arnica in potency will help resolve that shock. Someone who needs Arnica may carry on as if nothing has happened. Though there is something obviously wrong, they may be insistent that all is well and they do not need medical attention. This lovely remedy will bring them back to themselves and a balanced assessment of their situation, as well as help treat the damage done.

**Caution:** As with homeopathic remedies in general, this remedy should be given only when it is needed. It can safely be used after surgery, but should **not be used before** any trauma has occurred, as it can cause bleeding if it has none to fix. Never use it before delivery if you have no symptoms indicating it is needed, or it could make the mum-to-be haemorrhage during delivery.

**Remember:** the basic principle of homoeopathy that what can cause symptoms in a healthy person will cure them in an ill person. Or conversely: it can cause what it could cure!

Arnica is not the only remedy for trauma and bruising, so if it does not result in an improvement after a few doses, stop giving it and consult a professional homoeopath. Never continue to give a remedy over a long time period (that is more than 5 doses of a 30c potency) except on the advice of a qualified homoeopath.

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If you need more advice before an operation, around birth or in the event of dental surgery I am very happy to see you in consultation and prescribe for you a remedy or remedies that will help you to recover quickly and reduce the risk of complications.

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## *Homoeopathic Ear Clinic*

Along with four colleagues we plan to open a Homoeopathic Ear Clinic in early 2008. It is envisaged that the clinic will be run each Saturday in Moray Place, with at least two of us on duty each day. This clinic has come out of our experience that many children suffer problems with their ears, e.g. repeated ear infections, glue ear, hearing loss... and we know how effective homoeopathic treatment can be to help the child heal naturally. Further information will be available soon.

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