

ESSENTIAL ARNICA

Mark Bethune, Homoeopath, Naturo Pharm Limited

Arnica has many everyday uses beyond its well-known use for soft tissue injuries and bruising. It can be used in any situation where there is general soreness, bruising, stiff or strained muscles and joints, fatigue or over-tiredness and shock or trauma.

Combining Arnica's extensive application with its suitability for use by everyone, irrespective of age, means it is useful in many situations, including, following surgery, during and after childbirth by both mother and baby, during and after long distance air travel and as part of the routine healthcare regimes of leading sports people.

Arnica is available in oral and topical forms. Oral sprays are convenient and easy to use, particularly with young children.

For peace of mind when choosing a healthcare product look for Naturo Pharm's comprehensive range of homeopathic products. If you are looking for an Arnica product try Naturo Pharm's Arnica plus. It's convenient, easy to use and suitable for the whole family.



Feeling better, naturally

