

## Remedy of the Month

May

**Arnica montana**

Some people jokingly call Arnica the “gateway remedy” of homeopathy. That is because it is frequently the first remedy people try, often not even knowing they are using homeopathy, just that someone recommended that they use it to speed healing after an injury.

That is Arnica montana’s specialty: helping the body repair itself after physical trauma of any type. May is a good month to know about Arnica, because often we are over-doing it this month, now that the weather is so nice. Whether it be a bruise or a sprain, Arnica can reduce pain and inflammation and help us to get back to our favorite activities more quickly.



I keep it in my pocket when I ski, just in case, and I am so glad I had some on me in the winter of 2012 when I broke my hip in a skiing accident. It helped me

in the moment, and also through the subsequent months of rehab. I was able to discontinue the strong painkillers my doctor prescribed after just nine days, and from then on it was Arnica that saw me through (and Symphytum, but I will talk about that some other month).

It is a great remedy to turn to if you have pulled a muscle, or stubbed your toe, or even if you have been in a horrible accident with multiple injuries (heaven forbid). It is remedy #1 in the homeopathic first aid kit.

*Please call me if you are not familiar with homeopathic dosing. I can help you figure out how much to take, and when to repeat. 303-998-2458*