

Powers of Homeopathy Newsletter
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Feature Remedy- ARNICA the Wonder Remedy

Using Arnica is for many people, their first introduction to homeopathy. They fall, injure themselves, sprain an ankle, break an arm or suffer pain from dental work and the pharmacist recommends Arnica for the swelling and inflammation. Improvement is often so quick that it is common to hear or to say, "I guess I didn't injure myself as badly as I thought I had" or "I guess the dentist wasn't as rough this time."

Homeopathically, Arnica is employed in any situation where there is debility and exhaustion following overwork, recovery from injuries, illness and emotional trauma where the feeling is one of being sore, bruised with an aversion to and fear of touch. A person needing Arnica will typically say "That's OK. I'm alright. Don't touch me. I'm fine. Just leave me alone."

Arnica 6CH helps to relieve the shock of injury. It is the first remedy when back pain results from overexertion, an injury or blow where the area feels bruised and may be swollen. It is also good after difficult childbirth or other damaging physical activities. Take 4 times per day for up to 2 days.

Arnica 30 helps to relieve the shock of injury. This remedy is used as soon as possible after an injury, such as a broken bone. It helps reduce pain and inflammation while calming the injured person. Take every 15-30 minutes for 1-2 hours and then 3 times per day for 2 days.

Arnica 30 should be given as soon as possible after a burn to relieve shock, pain and discomfort. Take every 15-30 minutes up to 6 doses during the first day. Arnica ointments and gels are helpful topical remedies for painful injuries to soft tissue and muscles. It can be used along with internal doses of Arnica. Do not apply however, to open wounds as it can prevent proper closing of the wounds. Calendula cream would be better for open cuts.

Potency (6CH or 12CH or 30 CH etc) and dosage can vary from one product to another and from one situation to another. It may be necessary to consult with a homeopath if you are concerned about the potency or frequency of repetition or duration (how long to give a remedy).

As with all emergency situations, it is important to seek medical help. Concussions, broken limbs, heavy bleeding, and shock require medical attention.

For a photo illustration of Arnica, check out this site:

<http://www.homeoint.org/illustr/ar/arn.htm>

Pet Corner: Arnica and Animals by Alison Merritt

Arnica may well be the most commonly used homeopathic remedy, and is indispensable in the first-aid kit, whether for human or other family members.

Useful for bruised pain, it is often the first remedy to turn to following an injury. By having it on hand, it is possible to minimize the mental and physical effects of injury, and start the healing process almost immediately.

Signs of shock accompany many injuries, and Arnica is a major remedy for these symptoms. Giving a dose or two of Arnica immediately after an injury can reverse the shock reaction, ease the pain, limit bleeding, and speed recovery.

Indications for the use of Arnica include:

Shock following injury

Fear of touch – they animal may shy away if approached after injury

Bruising or to prevent extensive bruising following blunt trauma such as bumping into a solid object

Bleeding from an injury

Insect stings with bruised pain

Bites, especially with bruising

Stiffness from overwork – may be taken before strenuous exercise to prevent later soreness

Sprains with bruising

Tooth injuries

Arnica is also excellent for use before and after surgery, where it helps to limit bleeding, and thus bruising, and also relieves the bruised soreness that can be a result of surgery. It is also a useful remedy for bruising or bleeding during the birthing process.

A good middle-of-the-road potency for the first-aid kit is a 30C in granule or tablet form. These are easy to store and transport as well as easy to dose. One

granule or tablet tossed from the cap of the vial or bottle onto the back of the tongue is adequate as a dose. For cats that may be difficult to dose in this way, a granule can be allowed to dissolve in a small amount of milk. In acute situations a dose may be required every 15 minutes or so, as needed. To speed healing, giving a dose 3 or 4 times a day for a few days, until it is obvious that the injury is definitely on the mend, is an appropriate frequency in most cases.

As with all homeopathic remedies, once the healing reaction has been set in motion, reduce the frequency of the dose, or stop entirely as long as the symptoms do not return. If the same symptoms return, it's an indication that another dose would be helpful.

In addition to using Arnica for bumps and bruises on the outside, think of it whenever such conditions occur internally. A bump on the head or a wrenched back or leg can also produce bleeding and bruising, and Arnica shines here too.

I recall a dog that was broadsided by a companion as they streaked through the yard playing. There was a yelp, but she seemed fine at the time and continued playing. However, a few hours later there was evidence of slight blood in the urine, with straining and frequent attempts at urination which indicated bladder discomfort. A quick trip to the vet for a urinalysis and check-up found only some red blood cells in the urine, suggesting that the lining had been slightly damaged during the collision, but there was no evidence of any other problem such as a bladder infection. The vet had nothing to offer other than time to heal the bladder wall.

However, Arnica is indicated in injury of the bladder –
“Traumatic inflammation of bladder. BLADDER AFFECTIONS AFTER MECHANICAL INJURIES. Tenesmus of bladder, urine drops involuntary. FREQUENT ATTEMPTS TO URINATE. Bloody urine. Hematuria from mechanical causes.” (Hering’s Guiding Symptoms). Arnica 30C three times a day for a couple of days worked its magic, with the straining and blood in the urine disappearing quickly, never to return.

Arnica is such a versatile remedy that it is definitely one to consider having available at all times. In fact, if it was possible to have only one homeopathic remedy, Arnica would cover many first-aid situations. If you’ve ever been curious about homeopathy but haven’t yet taken the plunge, Arnica is the remedy to try! You’ll be very grateful to have such a gentle and effective remedy at your service.

Alison has spent most of her life with dogs, including several years of training and showing in both obedience and conformation events, and producing a few carefully planned litters. Along the way she discovered homeopathy, and since 1993 has been studying and using homeopathy for her own animals. Having

seen the benefits of homeopathic care firsthand, she is happy to exchange ideas with anyone interested in using homeopathy or their animal friends.

Ready to start your homeopathic first aid kit? Customize your own 5-remedy kit with a 1 hour consult on how to use the remedies. First aid booklet included with the remedies and consult. With just 5 well-chosen remedies, you can handle many home first aid situations and then add remedies as you learn more about homeopathy.

Phone me at 403-230-8505 to arrange your consult or send me an email donna@powersofhomeopathy.com

4. Tips: Learning About Homeopathy

Here are some suggestions to get you started:

1. Request an introductory mail out information package.

donna@powersofhomeopathy.com

2. Check out the websites mentioned in this newsletter.

<http://www.homeopathic.org>

[The National Centre for Homeopathy has an excellent journal aimed at helping the at home prescriber]

3. Homeopathic books. One of the best beginner books is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. Murray Feldman is the director of the Vancouver Homeopathic Academy where I took my 4-year training as a homeopath. Go to Minimum Price books for a review and description of the book.

www.minimum.com or www.wholehealthnow.com

4. Take a homeopathic first aid course. Sign up now for the Introduction to Homeopathy course or Homeopathy for Babies/Young Children and Parents.

For more information or to reserve a place send an email to

donna@powersofhomeopathy.com or phone 403-230-8505.

5. Support for using homeopathy at home: Ongoing Teleseminars

Here are two classes to support you in your “back to school” fall experience!

Watch for the latest updates on the website www.powersofhomeopathy.com for teleseminars.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chicken pox, accidents/injuries; how to treat them

homeopathically and at some point we will have a discussion about vaccination. There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand. This 4 week class begins Wednesday, September 29 from 9:30 – 11:00. Cost \$80.00. Text to be used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, follow this link:

www.minimum.com

Phone 403-230-8505 or email

donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This 4-week class begins Wednesday, November 3 from 9:30-11:00. Cost \$80.00. Text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link:

www.minimum.com or www.wholehealthnow.com

Phone 403-230-8505 or donna@powersofhomeopathy.com for more information or to reserve your place.

6. An Arnica Testimonial

After a friend shared her astounding Arnica story at a gathering, I asked if she would write something for the newsletter. Here is her story of Arnica the wonder remedy!

"My children are 6 and 4, and being boys are into everything. I've been using homeopathy for them since my pregnancies and found it to be invaluable through those fussy early days and teething to the BIG bumps and bangs that they are so skilled at creating. It's all good, but by far Arnica is my favorite. A couple of months ago my 4 year old ran up the steps at the front of our house, but unfortunately missed a step. It happened so fast that he was unable to get even his arms out to brace his fall. He landed full weight on his eye brow bone, bleeding profusely. We immediately gave him Arnica and ice of course. (He probably should have had stitches, but we settled for a butterfly bandage). He had no bruising...at all, minor swelling when he awoke the first two mornings and that was it! Brilliant!

Here's wishing you a successful first prescription of Arnica. Tell me your stories of homeopathic successes and

I'll share them with other readers...it's how we will all learn more about homeopathy!

Donna

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Please contact

donna@powersofhomeopathy.com if you have comments or suggestions for future issues.

Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

“The power to repair the world is already in you.” My Grandfather’s Blessings by Rachel Naomi Remen, M.D.