

# The Boo Boo Buster



## Arnica (*Arnica montana*)



*Arnica is a homeopathic remedy used for bumps, bruises, cuts sprains, muscle pulls and tears. Think of arnica if you or your loved ones are in pain.*

*If the injury is new and intense you can take the remedy every 15 minutes for one hour. If the injury is less intense you can take the remedy 3x a day for a few days.*

### Great for:

- \* Dental work- can be taken every hour after procedure for 3-4 hours.
- \* After childbirth- can be taken 2x a day for the 3 days following birth.
- \* Minor bumps and bruises 1-2x a day for 1-2 days.
- \* Emotional pain or shock can be taken 2x a day for 3-4 days.
- \* Great remedy to carry in your purse for use with any unexpected trauma.

### Homeopathic remedies:

- \* Usually comes in pellets.
- \* Typical dose is 3 pellets.
- \* Dissolve under the tongue
- \* Don't touch the pellets.
- \* Transfer from vial to cap dropping into mouth without touching.
- \* No eating for drinking 5 minutes before or after taking the remedy.

