



## Gardening this bank holiday weekend

On your way home from the garden centre,  
drop into your nearest health store and  
pick up some ARNICA 6c or 30c  
for your back pocket!

### Did you know?

**ARNICA** is Homeopathy's best-loved and most well known remedy! No household should be without it. It can be taken *before* an activity (such as the first big gardening session of the season, an overly enthusiastic bout of spring-cleaning, or participating in a good-cause marathon!) to minimise aches, pains and that all-over bruised feeling afterwards. It addresses strains, sprains, stiffness, bruising and chest tightness. **ARNICA** is also brilliant to help stop bleeding as it acts on the clotting mechanisms of the blood. So, if you misdirect those secateurs...

If you manage to give yourself a stiff neck or feel back ache that is better for pressure, then **RHUS TOX** is a wonderful remedy. This is also good for when you've hurt yourself and your larger muscles and joints feel like rusty hinges on getting going, and then a little easier once you've actually got going.

**RUTA GRAV.** is similar in its application, but better for smaller muscle and joint pains – for example, 'housemaid's knee', tennis elbow, ankle strain, ganglions and so on.

**APIS** 6c or 30c is fantastic at this time of year for bee or wasp stings. It will work quickly and effectively to reduce redness, stinging, pain and swelling. It is also a natural antihistamine, so will address the allergic response to stings too! Incidentally, it's very helpful – after you've dialled 999 – for anaphylaxis. If ever you suffer from cystitis, this remedy will bring much needed relief too.

Finally, if exposure to the hot sun leaves you with symptoms of sunstroke and a congestive, throbbing headache that is much worse for bending forward, jarring or being jolted – then **BELLADONNA** should be in your back pocket too!

*These are fairly common remedies and should be available from Boots/ Holland and Barrett*