



Arnica montana

#### ARNICA MONTANA CREAM

Arnica is the first homeopathic remedy to be thought of for accident victims. It relieves shock, allays pain, stops bleeding and promotes healing. It can reduce the swelling from sprains and other traumatic injuries. Arnica has a well deserved reputation for healing bruises. **This cream should not be used on open wounds.** Arnica cream can be used with benefit on sore muscles brought on from overexertion. It is also good for injuries to the eye, like Symphytum. Do not forget Arnica for head injuries or concussions. For more serious injuries or trauma, you will need to take Arnica internally in potency. Please visit the [www.firstaidcreams.com](http://www.firstaidcreams.com) website to see a slide show about Arnica and learn about its other uses.



# Gentle Healing with Homeopathic Creams



Calendula officinalis

#### CALENDULA OFFICINALES CREAM

This is a first aid cream for falls, lacerated wounds, and for painful and septic wounds. It promotes the healthy granulation of tissue after surgery, and helps the healing of scars. Calendula helps promote scarless healing and minimizes the risk of infection. Calendula is very good for diaper rash, and gives soothing relief to the mom after delivery. If a wound does get infected, you will want to take an oral dose of Calendula in potency. Calendula can also help relieve skin conditions like eczema and psoriasis.

#### LEDUM PALUSTRE CREAM

Ledum palustre cream should be thought of for insect and animal bites and puncture wounds, and for the local effects of vaccinations. It can also be used in certain arthritic or gouty conditions. Amelioration from cold applications, and ascending pains are guiding symptoms to this remedy. Please refer to the [www.firstaidcreams.com](http://www.firstaidcreams.com) website to learn more about other healing properties of Ledum and the other first aid creams that we sell.

#### HYPERICUM PERFORATUM CREAM

Hypericum perforatum is great for injuries to areas rich in sentient nerves like the hands, toes, coccyx and teeth. It is called for when you have shooting pains along the course of the nerves, extending from the sight of the injury. Hypericum is good for neuralgic pains where the parts are excessively painful. This is a very good remedy for animal bites where you have shooting pains from the site of the injury. This remedy has to be compared with Ledum palustre for animal bites and puncture wounds. Hypericum is one of the remedies that helps to prevent tetanus.



Ruta graveolens drawing by Linnaeus

#### RUTA GRAVEOLENS CREAM

Ruta graveolens is good for injuries to the tendons from overexertion, and for repetitive strain injury, such as the pain of carpal tunnel syndrome and tennis elbow. Rotator cuff injuries and knee injuries often call for Ruta. The action of Ruta is on ligaments, tendons, cartilages and bones. It can be thought of for the lameness after sprains of the wrists and ankles like Ledum and Arnica. The remedy is also good for eyestrain.