

# health hints



## Centuries-Old First Aid Eases Aches

(NAPSA)—Outdoor activities that may not be done routinely, such as gardening, home improvement projects, sports or exercise, are likely to cause sore muscles for men, women, seniors and even kids.

Fortunately, there's a convenient, safe and reliable first aid for muscle aches, stiffness and bruises. Made from the Mountain Daisy Plant, Arnica has been used for centuries as a natural pain reliever.

"Arnica prevents and minimizes the bruising and swelling in the postoperative healing phase," said Dr. Raj Kanodia, a Beverly Hills cosmetic surgeon. "I even use it for patients who come for elective injections such as Botox and collagen. In my practice, it's a must."

Beyond being valued by cosmetic surgeons, physical therapists and chiropractors alike, Arnica has grown into one of the most popular homeopathic medicines worldwide. Renowned athletes, today's celebrities and savvy soccer moms all depend on Arnica to recover from minor injuries or overexertion.

Previously available as a gel, ointment or homeopathic oral medicine, Arnica can now be found in a cream form. This odorless, non-greasy and nonsticky cream offers a convenient new option for people on the go.

Specifically designed to be massaged into sore muscles, the new Arnica Cream can be used:

- before, during or after exercise or competitive sports
- with intense sustained effort



**A homeopathic remedy has been used safely to minimize bruising and swelling, aches and pains.**

(such as flying or long-distance driving)

- for strains from unaccustomed tasks (such as gardening or home improvement projects)

- to relieve bumps and bruises (especially safe for young children).

Anyone who bruises easily may also appreciate Arnica's ability to reduce bruise discoloration during warm weather when fashions are more revealing. The cream, offered by Boiron, world leader in homeopathy, is safe for the whole family. For maximum effectiveness, Arnica topicals and homeopathic oral medicine can be used together.

For information on where to find Arnica Cream, call the Boiron Information Center at 1-800-264-7661 or e-mail [info@boiron.com](mailto:info@boiron.com).