

# 7 Secrets of Arnica for Injury

So many uses for [Arnica](#)\*!

- Blunt Injury with Bruising
- Concussion
- Shock with Lack of Reaction
- Intension Exertion or Exercise
- Jet Lag
- Emotional Distress
- Acute Illness



What you need:

- [Arnica 30c](#) \*

Key Indications for Arnica:

- Bruised and Sore
- Mentally Fearful and Anxious but Disconnected, or Underresponsive, Apathetic, Vague
- Cause – Injury, Upset, Disorienting Events
- Conditions – Injury, Concussion, Jet Lag – see above

Directions:

Single dose can be a dry pellet under the tongue. For repeated dosing, dissolve 1 pellet in 4 ounces of water, stir, and take a tsp, then repeat stirring and dosing for 3 doses 15 minutes apart (so 3 doses in 45 minutes), and any time symptoms return. If improvement after the first dose, do NOT give another dose until symptoms return. In cases of head injury, I give several doses of Arnica 1M within the first 24 hours, and then follow up with daily doses if there are remaining symptoms.

Got Questions? Visit [www.innerseahomeopathy.com](http://www.innerseahomeopathy.com) to schedule a FREE informational call!