



Treatment Options

Homeopathic Laboratories

Understanding Muscle Pain

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Muscle Pain & Homeopathy

Traditionally, a new year brings new hopes, plans and resolutions. One of the favourites of these is a goal to lose those extra holiday pounds and spend a lot more time at the gym. We're also excited to try out those new skis, snowboards and skates we received as gifts, or start running again after a long period of inactivity. All great intentions, but sometimes enthusiasm wins out over good sense, and our muscles pay the price.

New sports means using new muscle groups, so even if you are reasonably fit, your muscles need time to adjust to the extra demands being asked of them, and a gradual approach is called for. If you do overdo it, don't despair, Homeopathy is legendary in its relief of muscle strain and pain.

All natural, side effect free and non-habit forming, Homeopathy is the answer to those New Years Resolutions that are tougher than you thought, or those new skis that go faster than you'd like.

The whole family can benefit from these safe and effective remedies. If bumps and bruises are par for the course during the holidays or weekends, keep some remedies on hand, in your gym bag and especially in the medicine cabinet. One of Homeopathy's greatest triumphs is in the relief of tired, achy, overused and injured muscles and joints. It is effective in treating everyone from the noblest weekend warriors to professional athletes. The mechanism of action in homeopathy seems wildly opposite to conventional medicine; however, as a complementary treatment it succeeds in preventing and treating a myriad of sports conditions, naturally. Hyland's homeopathic combinations are great remedies for "novice" users and those experienced with homeopathy. The multiple remedy ingredients are precisely formulated to address specific and general symptoms associated with several conditions and individuals.

The next time you find yourself moving around gingerly after a work out, or the kids fall down one too many times on the skating rink, try one of these helpful remedies and you'll be ready for action sooner than you think.



What's Happening to my Muscles?

The most common causes of muscle pain are tension or stress, overuse and overdoing strenuous activity. Sometimes more than one muscle is affected or the injury involves connective tissues such as ligaments, tendons or fascia (the membrane that envelops our muscles).

Our muscles are made up of thousands of long muscle fibers that have an impressive ability to regenerate and heal themselves, which they do on a daily basis without our even noticing. However, when a muscle is pushed beyond its limits, as in strenuous activities when we're not warmed up or if we're unused to exercise and overdo it the first time out, then more intense damage can make itself known by localised pain, and/or inflammation. Inflammation occurs as the body tries to heal itself. During this initial process, dead cells are removed by other cells designed for that purpose, helpful nutrients and oxygen are carried to the site through the increased blood flow and healing and regeneration is underway. Injuries to connective tissue normally require more time to recover than do muscle tissue, as they have less circulation and nutrients are slower to absorb. *If the injury seems more painful than expected, or there or there is bleeding or other serious symptoms, please consult your health practitioner as soon as possible.*



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HOMEOPATHIC

What do I do?

Though muscle aches and pains are common, they are never any fun. Especially if every move you make is painful. A good way to avoid trauma to the muscles is by remembering to stretch them gently before activity. Your local gym, or health practitioner can point you in the right direction if you're not sure what stretches would be most beneficial. Stretching is especially valuable during the winter months when muscle fibers are contracted to conserve body heat. When experiencing muscle pain caused by injury or overuse, rest the region affected until the inflammation subsides. During the first 24 hours, an application of ice is advised to alleviate swelling. Never apply ice to bare skin,

but use protective covering, or an ice pack. After the initial rest period, many people find a heating pad or water bottle soothing, or an alternation of hot and cold.

Massage can bring relief, and after a rest period, gentle stretching can also help the muscles regain their elasticity and health.

Homeopathy can be of great benefit before, during and after sports, especially if bruising, swelling, spasms or pain are present. In some cases, muscle pain can be an indicator of a more serious health problem. It's always wise to check with your health practitioner if the pain is severe or chronic.

Product Details

Hyland's ArniSport® tablets are a specially formulated homeopathic medicine developed for the athlete or weekend warrior. Hyland's ArniSport® provides 100% natural relief for muscle aches and pains due to strain or injury from overexertion. Best administered immediately after workout, Hyland's ArniSport® contains no aspirin, sucrose, dextrose, non-steroidal anti-inflammatory drugs or fillers and, like all homeopathic medicines, has no known contraindications or side effects.

Indications for Use: Natural relief for muscle pain and soreness from overexertion.

Formula:

Arnica Montana 30X HPUS - for bruising and muscle soreness

Hypericum Perfoliatum 6X HPUS - for nerve injuries due to blows

Ruta Graveolens 6X HPUS - for the connective tissues of the body; sprains, twists and shin splints

Ledum Palustre 6X HPUS - for stitching pains and red, hot inflammations.

Bellis Perennis 6X HPUS - for sprains, swellings and muscular soreness

Hyland's Bioplasma™ 6X HPUS - a combination of biochemic tissue salts that help restore the body's cellular balance after depletion in a base of Lactose (milk sugar), N.F.

Hyland's ArnicaAid® tablets are a homeopathic medicine indicated for the control and temporary symptomatic relief of bruising, swelling and muscle soreness due to falls, blows or other injury. Hyland's ArnicaAid® provides 100% natural relief for children and adults. Best administered immediately after any accident or injury. As all our products, Hyland's ArnicaAid® contains no aspirin, sucrose, dextrose or fillers and has no known side effects.

Indications for Use: Natural relief for bruising and swelling from injuries from falls or trauma.

Formula:

ArnicaAid® uses the same formula as ArniSport®, without the addition of Hyland's Bioplasma.

Hyland's Bumps 'n Bruises™ is a natural, homeopathic formula for immediate first aid treatment after falls or other traumas where bruising, swelling and pain is inevitable. Hyland's Bumps 'n Bruises™ contains Arnica Montana, the most commonly used homeopathic medicine for relieving the traumatic symptoms after a fall (or other trauma.) Safe for toddlers and young adults alike, these products work without side effects or contraindications and are aspirin free. Hyland's Bumps 'n Bruises™ tablets are soft and dissolve almost instantly in the mouth.

Indications for Use: A homeopathic medicine for the temporary relief of symptoms of bruising and swelling from falls, trauma or overexertion. Easy to take soft tablets dissolve instantly in the mouth.

Formula:

Arnica Montana 6X HPUS - first aid for bruising and swelling due to falls, blows or other injury.

Hypericum Perforatum 6X HPUS - for pain and injuries in nerve-rich areas of the body (like toes and fingers.)

Bellis Perennis 6X HPUS - for bruising, soreness and swelling as a result of injury

Ruta Graveolens 6X HPUS - for sprains and bruises, injuries to bursa

In a base of Lactose (milk sugar) NF.

Available in bottles of 125 quick dissolving tablets.

Hyland's Bumps 'n Bruises™ Ointment contains Arnica Montana, the most widely recognized homeopathic medicine for bruising and swelling right on the spot. This is the first aid ointment you want for any trip to the playground or the skating rink!

Indications for Use: A homeopathic medicine for the temporary relief of symptoms of bruising and swelling from falls, trauma or overexertion.

Formula:

An extract of Arnica Montana 1X HPUS in a base of Petrolatum, USP, Beeswax, NF, Methylparaben, NF and Propylparaben, NF. Available in .26 ounces and bottles of 125 quick dissolving tablets.



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