



spotlight on health

Getting Aches And Pains To Take A Hike

(NAPSA)—Legend has it that mountain climbers used to chew the arnica plant to help recover from the aches and pains of walking. Now, consumers can turn to the same all-natural benefits of arnica in the form of a line of arnica-based products.

A new homeopathic cooling gel has been created by Nelsons Homeopathy, a trusted natural medicine provider since 1860, as a



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soothing remedy for the relief of bruises, sore muscles and stiffness.

The anti-inflammatory, anti-bacterial gel, from Nelsons' Arnileve line, called Arnica Cooling Gel, contains arnica prepared from the Alpine plant *Arnica montana* and can be applied directly to the sore or bruised area to help reduce pain, swelling and the appearance of bruises. It was designed to meet the needs of active adults who are looking for a natural first-aid product to soothe their muscles after outdoor activity.

More information is available online at www.nelsons.net.