

ARNICA MONTANA



ARNICA MONTANA

**Arnica Montana Enterprises Pty Ltd.**

ABN 70 095 098 141 ACN 095 098 141

Kate Diamantopoulo, RGN, SCM, HV, MCH, RsHom, AHA, AROH

Mobile: 0417 713 212

E-mail: [info@arnica.com.au](mailto:info@arnica.com.au) Web: [www.arnica.com.au](http://www.arnica.com.au)



## International Homeopathic Product Catalogue

[www.arnica.com.au](http://www.arnica.com.au)



**Kate Diamantopoulo, Managing Director,  
Arnica Montana Enterprises Pty Ltd**

**RGN, SCM, HV, MCH, RS, HOM, AHA, AROH**  
Registered Homeopath in UK & Australia

Homeopathy is a passion for Kate arrived at after a long career in the UK National Health Service, covering general and emergency nursing midwifery and health visiting in the community. She trained at Guy's Hospital London (RGN) St Thomas' Hospital London (SCM) and Plymouth Polytechnic (HV).

She lived through the unexpectedly severe ill health of her three young children eventually resolved with Homeopathic medicine. These children are now in their late 20's and are healthy strong and independent in careers covering photography music and stand-up comedy!

She began studying Homeopathy in 1983, gaining her Licentiate of the College of Homeopathy London in 1986 and Membership in 1987, when she was also registered as a Member of the Society of Homeopaths UK.

She went on to become a Board Director of the Society for three years and was the first Chairperson of the Friends of Homeopathy. She lectured at the College of Homeopathy London for over 15 years and sat on the Board of Examiners, among other Academic boards, and was a clinical and regional tutor in the community.

Currently she is registered with the Australian Register of Homeopaths, is Vice President of the West Australian branch of the Australian Homeopathic Association and represents West Australia on the National Council for the Australian Homeopathic Association. She is the Assessor for Homeopaths wishing to enter the Australian Register of Homeopaths in West Australia.

She commutes twice yearly to the UK to practice and teach continuing professional development seminars at change of season for 4-6 weeks on each occasion.

Her practice has been running for over 20 years and also includes internet and phone consultation world-wide. She has completed post graduate training in Calcutta, India and has assisted voluntarily in the Tsunami jungle clinics in Sri Lanka in 2005.

Voluntary work plays an important part in her life as a committed Catholic, and in the UK she has set up many low cost children's clinics including the Dolphin Clinic in Brighton East Sussex (a registered charity), a clinic for HIV AIDS, and a clinic for children with cerebral palsy and other developmental problems which ran for 10 years at Chailey Heritage, East Sussex. Since April 2002 she has been based in Perth, Western Australia, and has set up a similar clinic for children with difficulties, and attends a drop in clinic for people with social disadvantages.

The West Australian College of Homeopathy has been initiated and she regularly teaches and mentors students, practitioners and interested lay people. She also gives voluntary talks to community groups including the University of the 3<sup>rd</sup> Age.

The function of Arnica Montana Pty Ltd, and its sister company Arnica Montana Ltd in the UK, is to foster the awareness and profile of Homeopathy and empower the individual and community in its own health care with as little recourse as possible to orthodox medicine. To assist in this she has produced a range of ten topical products 'Australian Made' to her own recipes and manufactured locally to the highest standard in Fremantle. Kate has also written with colleagues an interactive CD-ROM with accompanying Homeopathic kit for Accidents and Emergencies which anyone can use.

All Arnica Montana products are sold worldwide and are registered with Austrade the export arm of the Australian Government. The Arnica Montana logo is registered in Canberra and is well known and recognised, a trusted brand.

Mr Noel Challis says, "I was the assistant coach for the Australian Polocrosse team that won the World Cup in 2007. A big part of my job was the physical preparation of our players. There is no doubt Arnica Montana products played a valuable role in our team winning the World Cup."

## CLIENT TESTIMONIALS

### **Dr GM Caddy, Family GP and Obstetrician, Perth, Western Australia**

The CD-ROM Homeopathy for Accidents and Emergencies presents the principles of First Aid and Homeopathic Therapy of multiple acute Medical Emergencies in a clear, concise, easily accessed format. The ease of use of this tool is not matched by anything I have seen in the teaching of conventional Medical management, and the user will have no difficulty cross referencing the use of multiple Homeopathic remedies. Kate brings a wealth of conventional First Aid advice and Homeopathic therapy to the occasional or frequent use in an exceptional format.

### **Megan May, Editor, [www.whatreallyworks.co.uk](http://www.whatreallyworks.co.uk)**

*(Review from Sunday Times UK Weekend Supplement)*

A range of exquisitely packaged products developed by renowned homeopath Kate Diamantopoulo specifically for dealing with stress and trauma, the uses for Arnica Montana products are almost unlimited. These Arnica, Sage and Calendula products look, feel, and smell gorgeous, are perfect for the whole family, and make ideal gifts. The Arnica balm along with a small vial of Arnica 30c is perfect for having on hand at all times, while the soap, bath soak, and poultice are just the thing for recovering after physical activity, a tiring day, or simply to treat yourself (followed by a rub down with the Arnica oil). The Arnica cream is a personal favourite of mine – used after a poultice face mask once a week, it is soothing, reviving, and brings out a real glow.

**The Arnica Montana product range is used and recommended by the following four West Australian athletes who are all representing Australia in world championships. For further information and testimonials visit [www.arnica.com.au](http://www.arnica.com.au).**

### **Sonia Johnson, World Equestrian Games Horse eventer**

Member of the Australian Equestrian team which will be competing in the Beijing 2008 Olympics and will be taking the products with her for herself and her horse. Takes the Arnica rub and balm as well as the Calendula and Sage products for any injuries to the skin. She also has the *Accidents and Emergencies* kit and CD-ROM.

### **Josephine Butler, Velodrome Championships competitor**

Josephine, who is 18 years of age, represented Australia in August 2007 and achieved a Silver Medal in the Keirin Race at the UCI Junior World Cycling Championships in Aguascalientes in Mexico. Josephine used her Arnica Massage Oil throughout the competition and uses her Homeopathic remedies when needed.

### **Janelle Cuthbertson, World Junior Tennis competitor**

Janelle is 17, registered 50th in Australian tennis ranking Seniors and Juniors as well as 238 in World Junior ranking. She won the Female Champion Cup for the Junior International Tennis Federation in Darwin in July 2007 and took part in a closed Junior Championship in Fiji in August 2007. She is using all Arnica Montana products including the *Accident and Emergencies* kit.

### **Suzette Lyster, member of the Australian Polocrosse team**

Suzette introduced the AM range to the victorious Australian Polocrosse team who won the 2007 Ridley World Cup. Suzette was named the World Champion Ladies Player for the whole tournament. She uses all the Arnica Montana products and never goes anywhere without them.



### ARNICA CREAM 60ML

Arnica cream may be used as a moisturiser after a shower, bath or footbath, as well as a treatment for aching, sore muscles. It is particularly effective if applied after using the poultice as a face mask for acne. Arnica cream contains arnica and rosemary infusion, rainwater, emulsifying wax, cocoa butter, beeswax, macadamia oil, arnica oil, coconut oil, arnica extract, essential oils of rosemary, lavender, marjoram, pure vitamin E, phenonip. Contains nut oil. Patch test advisable.

**Directions:** apply a small amount to palms massage directly on to affected area using circular motions.



### MARIGOLD (CALENDULA) CREAM 60ML

A soothing nourishing and conditioning cream for sensitive skins containing rainwater, calendula and chamomile infusion, emulsifying wax, cocoa butter, beeswax, calendula oil, macadamia oil, olive oil, calendula and chamomile extracts, essential oils of lavender, rose, geranium and chamomile, grapefruit seed extract. Contains nut oil. Patch test advisable.

**Directions:** Apply a small amount to palms and massage directly onto affected area using circular motions.



### ARNICA BALM 30ML

A concentrated balm ideal for keeping in handbags/ sports bags for immediate use for any injury that might occur. Also effective if rubbed onto pulse spots to help relieve stress and trauma. Arnica balm contains arnica oil, beeswax, olive oil, coconut oil, cocoa butter, macadamia oil, essential oils of rosemary, marjoram, lavender phenonip. Contains nut oil. Patch test advisable.

**Directions:** apply a small amount to palms massage directly on to affected area using circular motions.



### MARIGOLD (CALENDULA) OINTMENT 30ML

A soothing ointment for bites stings and rashes containing calendula oil, beeswax, coconut oil, cocoa butter, macadamia oil, carrot oil, calendula and chamomile extracts, essential oils of lavender, rose geranium and chamomile, grapefruit seed extract. Contains nut oil. Patch test advisable.

**Directions:** Apply a small amount to palms massage directly onto affected areas using circular motions.



### ARNICA RUB 5ML, 100ML

This oil will further aid relief and relaxation whilst moisturising the skin. May be used as a therapeutic massage oil for any age and is safe to use on the sick. Arnica rub contains arnica oil, olive oil, macadamia oil, pure vitamin E, essential oils of rosemary, marjoram, lavender. Contains nut oil. Patch test advisable.

**Directions:** apply a small amount to palms, massage liberally to affected area.



### SAGE CREAM 60ML

A healing cream for dry and/or cracked skin conditions containing: rainwater/sage infusion, emulsifying wax, cocoa butter, beeswax, olive oil, macadamia oil, honey, burdock, propolis, violet leaf, yellow dock, pawpaw extracts, essential oils, sage, lavender eucalyptus, grapefruit seed extract. Contains nut oil. Patch test advisable.

**Directions:** Apply a small amount to palms massage directly onto affected areas using circular motions.



### SAGE OINTMENT 30ML

A healing ointment for wounds, cuts, grazes and abrasions containing: olive oil, beeswax, macadamia oil, cocoa butter, honey, pawpaw, burdock, red clover, propolis extracts, essential oils of sage, lavender, lemon, eucalyptus, grapefruit seed extract. Contains nut oil. Patch test advisable.

**Directions:** Apply a small amount to palms and massage directly onto affected area.



### ARNICA BATH SOAK

Arnica Montana is a simple herb used for centuries in healing bruising and trauma to the body. Arnica bath soak gives relief and restores a sense of well-being to painful, tired or aching limbs. It is also effective as a foot bath. Arnica bath soak contains bicarbonate of soda, citric acid, Epsom salts, arnica oil, ground arnica herb, green French clay, essential oils of rosemary, lavender and marjoram.

**Directions:** apply 1-2 tablespoons to bath or more if required. For best results apply Arnica cream or balm to affected area after bathing.



### INTERACTIVE RESOURCE CD-ROM

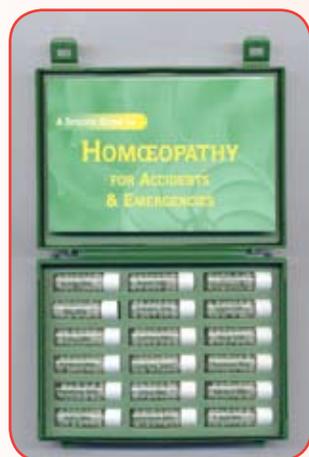
*Homeopathy for Accidents & Emergencies*. This CD-ROM (for Windows and Mac computers) is an essential resource containing basic First Aid procedures, a knowledge base of Injuries and Conditions and how to deal with them using Homeopathic remedies. Eighteen remedies are covered in depth and other useful remedies are also featured.



### ARNICA POULTICE

Arnica Poultice can be used as a hot poultice directly onto an injury to promote pain relief and healing. Can also be used as a cleansing, restorative face pack, helping to heal blemishes, spots and acne. Arnica Poultice contains Epsom salts, kaolin clay, French green clay, ground Arnica herb, 5ml bottle of Arnica rub.

**Directions:** mix together in lid of canister - 2 heaped teaspoons of water (rain water preferred) and 10 drops of oil. Double mixture if required. Stir to a paste and apply to affected area, bandage and leave for 2-3 hours or longer if required.



### HELIOS HOMEOPATHIC KIT

Sturdy green plastic snap-lock case containing the 18 remedies listed in the CD-ROM *Homeopathy for Accidents & Emergencies* (see above). Contains the booklet 'A Specific Guide to Homeopathy for Accidents & Emergencies'.



### ARNICA SOAP

Arnica soap has been twice milled for greater softness and is gentle but effective. Can be used in conjunction with Arnica bath soak. Arnica soap contains coconut oil, palm oil, rainwater, sodium hydroxide, arnica herb, green French clay, essential oils of rosemary, lavender and marjoram.