The natural choice for FITNESS & HEALTH

Sports teams, medical practitioners, professionals and individuals are turning to the modern version of an ancient plant remedy to heal sprains, cuts and bruises.

Arnica Montana products based on the herbs Arnica, Calendula and Sage, are manufactured in Fremantle, Western Australia. They are attracting a growing following because of their natural healing properties. The Arnica products – a bath soak, poultice, soap, cream, balm and massage oil, and the Sage and Calendula creams and ointments – have been created by leading UK homeopath Kate Diamantopoulo, who now lives and works in Perth.

“These products are a restorative cure for bruising, sprains and cuts. Combined with the Homeopathic Kit for Accidents & Emergencies they provide a comprehensive healing regime,” said Kate. “They’re high quality, completely natural products made mostly from Australian ingredients, with some imported from Papua New Guinea, Spain and France. Many athletes are using them before and after sporting events to minimise injuries, and have said how well they work.

Most therapy for sports injuries is physical therapy so I’m hoping that this will increase awareness about how successful these plant-based homeopathic remedies can be.”

Josephine Butler, Velodrome Cycling Champion

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. She also uses her Homeopathic remedies when needed and always travels with them.
Janelle Cuthbertson, Junior Tennis Champion

Janelle is now 17, ranked 238 in the World listings of Junior tennis. 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. Janelle will be able to continue in her Junior tournaments until she is 18, but has already competed in Women’s events in Perth and Victoria. She is using all Arnica Montana topical products with a current preference for the Arnica balm to help heal her shin problems as well as the indicated Homeopathic remedies, Arnica Hypericum Ruta Rhus Tox and Bellis Perennis.

Sonja Johnson, West Australian Equestrian Champion

Sonja was shortlisted for the Athens Olympics in 2004 and was 5th in the World Cup held in Pau, France in 2005. At the WEG (World Equestrian Games) 2006 Australia won the Bronze medal and Sonja, as a member of the Australian Equestrian Team, will now be going to the 2008 Olympics in Beijing with her Arnica Montana products and her CD-Rom and kit for Accident & Emergencies. Sonja has been using Arnica Montana products since 2005 when she lost a finger in an equestrian accident and gained instant relief from using the Arnica oil. She never travels without them and uses them for herself and her horses.

Noel Challis, Assistant Coach, Australian Polocrosse Team

“I was assistant coach for the Australian Polocrosse team that won the World Cup earlier this year. A big part of my job was the physical preparation of our players. Suzette Lyster introduced me to Arnica Montana products and I liked them so much I used them exclusively throughout the championships. Massage, bumps and dints responded excellently to these products. Most importantly the players themselves trusted the product as they responded to their use. There is no doubt Arnica Monica products played a valuable role in Our Team winning the World Cup.”

Kylie Dowling, Australian Polocrosse Team 2007

Kylie suffers from really bad dermatitis with bad cracks and sores all over her hands from mixing horse feed and the horse reins irritate it. She says, “I had tried everything to stop my hands from drying out and cracking. Within only a few days of Arnica Montana Sage cream application they were fixed!”

Suzette Lyster, World Cup Champion Ladies Polocrosse Player

“Without people like Kate Diamantopoulo huge success in an event such as the 2007 Polocrosse World Cup could not have been achieved. Arnica Montana products are absolutely wonderful – the Australian team and I hugely appreciate the sponsorship.”

Jane Cooper, National Australian Polocrosse Team

Jane competed with Suzette Lyster in the Ridley Polocrosse World Cup 2007. She has used the Arnica Montana product range kit and CD-Rom for four years and finds them invaluable. Jane says, “The products in the Arnica Montana range are extremely effective and have rapidly reduced my injuries by enhancing the healing process.”