

# ONTARIO COLLEGE OF HOMEOPATHIC MEDICINE

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## BRUISING

Some people bruise quite easily. Here are a few great remedies to help with bruising and help you overcome the pain associated with bruising. They're especially helpful for the older population as blood vessels become more fragile. If there is a concern about bruises that appear out of nowhere, please contact your primary healthcare professional.

Here are some great remedies to try for bruising:

**ARNICA:** the first choice for bruises and recovery from injuries. Speeds up healing.

**BELLIS PERENNIS:** useful for deep bruises & for quicker recovery after surgery.

**HYPERICUM:** for injuries that have occurred in nerve rich areas that result in bruises.

**LEDUM:** good for black eyes and can be used after Arnica if the bruise is lingering.

**MILLEFOLIUM:** for bruises that are followed by persistent bleeding.

**PHOSPHORUS:** bruising easily from minor injuries with bleeding and red dots on the skin.

**RUTA:** for bruises to joints and bones.

**SULPH-ACID:** when there is excessive tiredness after an injury

Arnica cream is also great for bruising. Make sure that if you are using Arnica cream that the skin is in tact and not cracked or lacerated in any way.



*CONSULT YOUR PRIMARY CARE PHYSICIAN if you have bruises that appear out of nowhere. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.*