



WELEDA



Natural medicines for healthy living

In harmony with nature and the human being
Since 1921

Healing is at the heart of Weleda

At the very core of our existence is the desire to heal and to promote healthy living. We believe that leading a balanced lifestyle can help you to stay well. However, if you are ill, a holistic approach to healthcare can help to stimulate your body's own natural healing capability.

You will find that our holistic approach to healthcare is deeply rooted in our heritage.

90 years ago in Switzerland, Dr. Rudolf Steiner, a renowned philosopher, founded Weleda in partnership with Dr. Ita Wegman, a medical doctor. They developed a personal approach to healthcare which takes into consideration the individual as well as the illness, and uses natural ingredients that work holistically to support the body's own healing capacity. Today, we still believe natural ingredients truly provide what a body needs to be vibrant and well. And, we put your health and wellbeing above all else.

Anthroposophic medicine – a holistic approach to healthcare is very much at the heart of Weleda today.



Quality

Our natural medicines are subject to the same stringent quality standards that apply to all licensed pharmaceutical manufacturers and because we are so passionate about what we do and how we do it, we take quality a few steps further...

»**Plant to product.** From the moment our head gardener Michael Bate judges a crop to be ready, we are on a countdown to harness its power. At exactly the right moment, our gardeners will harvest the whole plant, or just the leaves, or blossom, or root. The crop is transported just a few miles to our tincture making facilities where it is washed and prepared by hand ready to be made into treatments. Picking-to-processing takes place as quickly as possible to preserve the very life force of each plant.

»**People.** We operate on five continents, with 20 direct subsidiaries, partnerships in 53 countries, and close to 2,000 employees worldwide. Wherever we are, we work in ways that best support the needs of our local cultures and communities.

Everything we do encourages sustainability and mutual respect of each other and nature. We can only achieve our goals through the vital relationships we have created with our customers, fair trade partners and our own team. We are all united in our passionate commitment to our holistic approach to health. That's an idea that makes sense in any language.



»**Demeter - certified Biodynamic.** We grow our ingredients biodynamically wherever possible, rejecting chemical pesticides, fertilizers and GM ingredients, while embracing everything that influences healthy growth.



Rudolf Steiner created one of the world's first Biodynamic gardens to grow what was needed for Weleda medicines. These methods are still at the heart of our business today.

At our 15 acre Demeter certified herb gardens here in England we grow over 300 plant species which are then quickly and lovingly processed to make Anthroposophic medicines.



At Weleda we recognise that a balanced lifestyle contributes directly to health. The following products have been carefully selected as suitable for everyday minor conditions.

These medicines can help you maintain that important sense of balance and encourage the healing process. As with all medicines it is important to 'always read the label' and follow the guidelines.

Many of our medicines are widely available through healthcare shops and pharmacies. We can also tailor-make a wide range of remedies to suit your needs and offer this 'Specials Service' directly through our Weleda Pharmacy. If you need to avoid a particular ingredient such as gluten or make it sugar-free then our professional pharmacists will tailor any remedy to meet your specific needs.

The products featured in this booklet are traditional herbal medicinal products for use in the indications stated exclusively based upon long-standing use as a traditional remedy. Always read the label.

» Before taking a Weleda medicine consult your doctor or pharmacist if:

- you have any symptoms causing concern
- you have an existing medical condition
- you are taking any other medication
- you have any allergies or known food intolerances
- you are pregnant, planning to become pregnant or breastfeeding
- symptoms persist or new symptoms occur



Please ask your local retailer or call the Weleda Pharmacy on 0115 944 8200 for further advice.

Suffering from muscular pain?

Try Arnica, a natural anti-inflammatory

Whether you are taking part in a marathon or taking care of your garden, if you suffer from muscular aches and pains, you will find a friend in Arnica.

»**Arnica and sport.** Arnica is widely used by professionals worldwide - from rugby players and footballers, to mountaineers and ballet dancers.

»**Look after yourself - DIY massage.** Gardening, walking and manual work can all leave us with tired aching muscles. Massaging with our Massage Balm with Arnica before and after any physical activity can help prevent injury, reduce inflammation and speed up recovery.

Before - to warm up and loosen up your muscles.

After - to soothe aching muscles and prevent them from becoming stiff by helping them to cool down gradually.

»**Arnica - the right tools for the job.** The alpine plant Arnica montana is a natural anti-inflammatory - traditionally used for soothing aches and pains and speeding up the recovery of bruises and sprains.



»**Massage Balm with Arnica** - traditionally used for the relief of rheumatic pain, muscular pain and stiffness, back-ache, fibrositis, bruising, cramp and sprains.

204001 100ml Massage Balm with Arnica (Ve)
204002 50ml Massage Balm with Arnica (Ve)



»**Arnica Ointment and Lotion** - both traditionally used to reduce swelling after minor bumps and sprains.

205002 25g Arnica Ointment (V)
206003 50ml Arnica Lotion (Ve)

Apply Weleda Massage Balm with Arnica to your limbs, using long sweeping movements upwards towards your heart. Never massage if muscular pain is due to a torn or pulled muscle or if you suffer from varicose veins or oedema (swelling due to fluid retention) in the legs.

+ Need First Aid?

Try Calendula, a natural anti-septic

»**Family first aid naturally.** Accidents happen, especially when there are young children around. Our first aid range is completely natural and is ideal to keep in the medicine cabinet to deal with minor injuries.



»**Calendula Lotion** - traditionally used as a natural anti-septic to gently cleanse cuts and grazes.

206006 50ml Calendula Lotion (Ve)

»**Calendolon Ointment** - traditionally used to treat cuts and grazes.

205005 25g Calendolon Ointment (V)



»**Hypericum/Calendula Ointment** - traditionally used for the treatment of painful cuts and minor wounds.

205012 25g Hypericum/Calendula Ointment (V)



»**Combudoron Spray** - traditionally used to reduce irritation and swelling after insect bites.

206010 30m Combudoron Spray (Ve)



»**Arnica Lotion** on a cool compress or use Arnica Ointment. Both are traditionally used to ease the swelling of bumps, bruises and sprains.

206003 50ml Arnica Lotion (Ve)





Stressful day?

Try Avena (oats) for a relaxing night

We all know how important a good night's sleep is, and how wonderful it is to wake refreshed, ready for the day ahead. If sleep is sometimes elusive, or you're going through a period of tossing and turning, thoughts whirring, and counting sheep just isn't helping, here is a great little tip that may help.



- Allow an hour's wind down time before bed - perhaps indulge in a warm bath with our Lavender Relaxing Bath Milk, followed by a massage with Lavender Relaxing Body Oil.



»**Avena sativa** - traditionally used to provide relief from temporary restlessness and edginess

206005 25ml Avena sativa comp. Drops (Ve)

»**Weleda Avena sativa comp. Drops – the perfect recipe to help you relax.** Avena sativa is Latin for oats - one of the main ingredients which are helpful for nervous exhaustion. Weleda Avena sativa comp. Drops are traditionally used to help you to relax at night and drift into a restful sleep after a stressful day. Avena sativa comp. Drops also contain traditional natural sedatives passion flower and valerian which have a long history in the relief of mild insomnia.

Teething troubles?

Try Chamomilla, naturally calming and soothing



» **Chamomilla** - traditionally used to relieve symptoms of teething and colicky pain.

207010 15g Chamomilla 3X Granules (Ve)

As well as being a traditional treatment for gripe and colicky pain, doctors and midwives also recommend calming Chamomilla for the minor tummy upsets that often accompany teething, and to generally soothe crying or fractious infants who are difficult to settle.

Colic is abdominal pain caused by the intestinal contractions (cramping) and wind, and is most common during the first 3 months of life. Babies and young children often suffer from colic. Signs are normally repeated episodes of excessive crying, often accompanied by the drawing up of legs in an otherwise healthy, well-fed baby.

Weleda Chamomilla Granules
were voted 10 out of 10
in Practical Parenting magazine.

Practical
parenting
& pregnancy



Upset stomach?

Try **Melissa**, naturally soothing

If your stomach is unsettled due to overindulgence, travel sickness or a minor stomach bug, our soothing Melissa comp. Drops can help. Melissa comp. Drops have been expertly prepared with the optimum mix of ingredients needed to soothe an unsettled stomach. This includes Melissa (Lemon Balm), nutmeg, cinnamon and clove which are all known for their calming properties plus archangelica root and coriander which are both great for trapped wind.



» **Melissa comp. Drops** - traditionally used to relieve nausea, stomach upset and occasional diarrhoea.

206015 25ml Melissa comp Drops (Ve)

» **Be prepared!** Melissa comp. Drops are ideal to keep in your first aid kit and come in a neat 25ml bottle so ideal to take on holiday or out in your purse on an indulgent night out.



Hayfever?

Try **Mixed Pollen and Rhinodoron**, natural relief

A totally natural way to ease symptoms and soothe and clear the nose. 100% natural remedies.

As colds and flu decline, a different attack of sneezes, sniffles and watery eyes are on the way for some... Tree pollens hit early, some even in January but for 95% of hayfever sufferers it's late May until August that symptoms really take hold, especially on dry, warm days.

Weleda's Hayfever Kit is ideal to use from early in the spring when the first tree pollens appear through to late Summer when weed pollens and fungal spores are in the air. The pack contains: 1 x 125tbs Mixed Pollen 30C and 1 x 20ml Rhinodoron Nasal Spray.



» **Hayfever pack** - traditionally used to ease pollen allergies.

302001 Hayfever pack (Ve)



Cough or cold?

Try **Herb & Honey Elixir**, naturally soothing

A herbal elixir combining the expectorant properties of Thyme, Aniseed and Horehound with the demulcent properties of Marshmallow root. This effective combination is complimented by soothing Honey to aid a tickly cough. Due to sugar content this product should not be used by persons with diabetes mellitus.



»**Herb & Honey Cough Elixir** - traditionally used to bring some relief to irritating coughs.

203006 100ml Herb & Honey Elixir (V)

Weleda Rhinodoron clears nasal passages and calms irritation, particularly when the nose is congested. The organic aloe vera and natural saline solution is ideal during the winter, when the air is dry and when the pollen count is high. Packaged in an easy to use spray Rhinodoron can also be used for the hygienic care of the nasal passages of babies (3 months and above) and children who cannot blow their own noses.



»**Rhinodoron nasal spray** - traditionally used to clear nasal passages.

206036 20ml Rhinodoron nasal spray (Ve)



»**WINNER: TIPS AWARDS 2010 - Editors Choice Decongestant**



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