



ARNICA FLOWERS

Botanical Name: Arnica montana

Common Name: Mountain Tobacco, Leopard's bane, wolfsbane, mountain snuff, sneezewort

Medicinal part: Flowers, rootstock

Description: Arnica flowers come from the daisy family that grows in Mexico and Southwest America. Closely related to Arnica Montana, this herb has long been a popular remedy; including use by Native American Indians who combined the flowers with other local herbs to make healing salves and ointments.



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