Heal the hurt naturally

Arnica is one of Europe’s most popular herbal remedies for sprains, strains, swelling, bruising and arthritic joints. Now Australians are discovering the amazing healing properties of this bright yellow daisy-like flower. If arnica was stocked in every first-aid box, gym bag, office, travel suitcase, glove box and handbag, countless hours of pain and aggravation could be saved! A premium healing remedy, it can minimise bruising, swelling, shock, pain and recovery time after most traumatic and not-so-traumatic injuries. These include the following:

**General bumps and bruises**

If your family is busy and active outdoors, with plenty of bike rides, rollerblading, skateboarding and ball sports on the weekends, then you’ll be familiar with the frequent bumps and bruises that are a natural part of a sporty lifestyle. Anecdotal reports reveal that using arnica can help to relieve overall pain, as well as heal bruising quicker than normal.

**Arthritic joints**

Apply arnica topically to inflamed joints to help reduce swelling, stiffness and pain. For added effectiveness, you can combine the use of arnica with hot compresses.

**Sports injuries and prevention**

The healing properties of arnica are useful for minimising the effects of tissue damage and reducing muscle ache that can occur from overexertion. Common sports injuries, such as muscle strain and sprains that lead to pain and inflammation, can also be treated effectively with arnica.

If you are training for a big sporting event, such as a marathon, warming up and cooling down will be an integral part of your training program. Help look after your muscles and avoid injury by treating them with arnica before and after training.

When bumps and bruises are accompanied by cuts or open wounds then topical application of arnica is not recommended. However oral arnica spray or pilules can be used. Pilules are tiny tablets that are ideal for administering to young children, as they can be placed just under the tongue to dissolve.

Super Tuesday August 7 - Up to 20% OFF

Target Pain Naturally

For more information visit www.govitanunda.com.au

Barossa has its own bottle

Château Tanunda, will be the first winery to embrace the new proprietary “Barossa” bottle after it was launched on Friday. Château Tanunda’s 2010 Medley GSM will appear on shelves across Australia in August, sporting the striking new livery.

Developed by the Vinpac International, the branded bottle was created in response to demands from a number of Barossa winemakers for a package that was unique to the region. “It is not uncommon to see proprietary bottles created, especially in the old wine regions of Europe,” Château Tanunda General Manager, Mr Matthew McCulloch said.

“It gives a permanent, timeless acknowledgment of the region and its contribution to the individuality of wines that come from there.”

“Of all the Australian wine regions, the Barossa has led the way in establishing the important link between geography, history and wine style – particularly Barossa Shiraz and GSM blends.”

This special bottle takes branding to another level, and as the name Château Tanunda has been associated with the Barossa for more than 120 years, we wanted to be one of the first to use the new package.

We want to make sure that we can assist in promoting the uniqueness of the Barossa wherever and whenever we can. “When you travel overseas and see the thousands of different wine regions we compete against, it makes you very proud when the Barossa punches above its weight. “It continues to be the most recognised Australian wine region and this bottle will help to foster that,” he said.

Vinpac Packaging National Sales Manager, Ms Lisa Ashby said she was delighted that Château Tanunda had embraced the new bottle. “This is more than just another bottle,” she said. “It is a marketing tool which provides the region’s winemakers with an opportunity to attract more attention in the crowded wine market.”

“The stylised “Barossa” in debossed text, has been designed to create an immediate visual link for consumers between the area and its award-winning wines complements the other visual cues on the label and capsule.”

This is also a very tactile package which will engage customers at point of sale and in restaurants, which has been losing some ground to online sales in recent years.

“As a long-term supply partner, we understand that anything which encourages a customer to pause and reconsider a wine is valuable to our winery clients.”

Vinpac has been based in the Barossa for twenty years and we have developed this product for our many Barossa clients and others who want to create a point of difference.”

Lisa said that along with Château Tanunda, Murray Street Vineyards had also indicated their interest in the bottle.

“This is fantastic, and we hope that with the support of these two award winning wineries, we will see a majority of Barossa winemakers using the bottle to package and market their wine.”

Maddison Grace, daughter of Susan and Kone Ryan of Kapunda, was born at Kapunda Hospital on July 17. Maddison is the first grandchild for Kym and Jenny Ryan of Kapunda and another grandchild for Enid and the late Eric Pese of Clare.