

Arnica Health Guide

Arnica is a not-for-profit support group for parents, led by parents. The Arnica members believe in a holistic approach to health, not a mass vaccination programme, which means that natural approaches and non-vaccination is the preferred route to optimal health.

Arnica's aim is to promote Natural Immunity by supporting parents and practitioners with a network of community groups and on line discussion, as we recognize a grass roots need to debate, practice and campaign for better overall health.

The Arnica community covers so many topics and some of these may be unknown to a person that stumbled upon the site. To set you on your way, please have a look at this page with **dozens of links to important conversations on the Facebook group**

Resources

- [Arnica website](#)
- [Arnica Facebook Group](#)
- [Arnica parents on YAHOO Groups](#)
- [Arnica group for our furry friends](#)

Disclaimer

Arnica is a parent support group - members may offer their own experiences however, this should by no means be considered, relied on or taken as medical advice. If you have any concerns about you or your child's health, please ensure you seek advice from a medically qualified practitioner or your qualified healthcare professional in the first instance. If you are under the care of a practitioner it is important you contact them as a matter of priority.

Drug reactions

We would urge you to report ANY adverse drug reactions (such as side effects of prescription or over-the-counter drugs and reactions to vaccines) via the [Yellow Card scheme](#), run by the MHRA and the Commission on Human Medicines. This scheme is used to collect information from both health professionals and the general public on suspected side effects and helps make medicines safer

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