



Mums and Babes!

(Please print this information to anyone you know who may be expecting!)

I know that you want only the best for both of you. I know you will be looking for a non-toxic, 100% safe, non-addictive, chemical free alternative to medication.

Homeopathic remedies fulfil ALL those requirements – and more. Homeopathy is a valuable support throughout your pregnancy. Unlike with conventional medication – you do not need to be unwell in order to benefit from these gentle, harmless remedies. And, as the saying goes, “there is a remedy for EVERYTHING!” Not only is homeopathy safe during pregnancy, but many midwives actively recommend it.

First trimester:

There are remedies for: anaemia, heartburn, morning sickness, miscarriage, ectopic pregnancy, fatigue ... and more!

Second trimester:

There are remedies for: vaginal discharge, recurrent thrush, cystitis, urine incontinence, abdominal colic, constipation, cramps, palpitations, varicose veins, placenta praevia, pre-eclampsia and more!

Third trimester:

There are remedies for: backaches, Braxton-hicks' contractions, malpresentation ... and more!

Labour:

In last month's newsletter, I advertised a wonderful 'essential' 42-remedy kit – which is very helpful when travelling or for general first-aid situations. Ainsworths' Homeopathic pharmacy also produces a similar kit, designed especially for: labour and birth, the newborn and first 7 years of a child's life. By way of example, I will describe some of the typical situations in which these remedies come to the fore during labour.

Caulophyllum:

Extremely valuable to start taking from the 37th week. This remedy facilitates an easier labour by strengthening uterine muscular activity and softening the os cervix. This means that the foetus descends more quickly, reducing the incidence of an episiotomy, or a forceps or caesarean section delivery. Also, in cases where labour has been prolonged, Caulophyllum will promote the development of labour.

Arnica:

Invaluable in any circumstance involving 'trauma' to the body. It will also reduce blood loss and bruising and can help to stop a precipitate labour.

Hypericum:

Has an ability to help heal any vulval damage, and, in the unlikely event of an episiotomy, it will help skin healing. In a forceps delivery, it will help reduce any sacral pain and if a caesar is needed, it will assist with skin healing.

Staphysagria:

This should be taken on the 4th day following delivery. It will help the mum adjust to any disappointments she may be feeling if her birth plan didn't follow her wishes and helps to prevent baby 'blues'. It will also help 'heal' the urethra should catheterisation have taken place during delivery.

Belladonna:

Useful when labour pains come and go frequently and where the woman has become quite red-faced, moaning and possibly irrational.

Chamomilla:

For the woman who says, "I can't bear the pain". She needs lots of re-assurance and responds positively to being cuddled.

Cimicifuga racemosa:

Here the woman says, "I just can't do it!" – and wants to give up. She becomes increasingly agitated – and needs a boost.

NEXT MONTH: REMEDIES FOR THE NEWBORN!!